

GRAPESWINE VISITACION VALLEY

NUMBER 254

SERVING OUR COMMUNITY

SEPTEMBER 2007

A Casual Stroll Down Leland Avenue



Visitation Valley was all smiles when Mayor Newsom visited on Aug. 23.

by Crezia Tano

Mayor Gavin Newsom held a press conference at the Joe Leland Coffee Shop on Aug. 23 to announce that \$4.1 million in federal transportation grants have been secured for the Leland Avenue Streetscape Project, making the project closer to fruition.

The Mayor described how a number of the City's neighborhoods had been neglected — Visitation Valley being one of them.

But with proposed Streetscape im-

provements, the construction of a new, larger library and development of the former Schlage Lock property, Visitation Valley would no longer be a forgotten neighborhood.

Mayor Newsom then went on a walk along Leland Avenue to visit with some of the Valley's merchants who welcomed him with smiles.

Many along the way voiced their concern about safety, both on Leland and throughout the neighborhood. *More Pictures on Page 13*

Middle School Principal Finalist For National Award

Visitation Valley Middle School (VVMS) Principal James Dierke has been selected as a finalist for the National Middle School Principal of the Year award.

Earlier this year he was named the California 2007 Middle Grades Principal of the Year, which qualified him to be nominated for the national prize.

VVMS has an ethnically diverse student body of under 400. Dierke has been with SFUSD for 36 years and principal at VVMS for eight years.

He says the nomination is a tribute to the hard work of others.

"I have an outstanding staff," says Dierke. "We have caring adults, and wonderful programs that have this school rocking and rolling from 8 a.m. to 8:30 p.m. on school days. And we've got the Beacon Center, sports, even gardening on weekends."

To be nominated, principals must demonstrate collaborative leadership, improved student achievement, and an ability to create an outstanding positive school climate.

Because of Dierke's nomination, VVMS has earned \$1,500. If he wins the national prize, the school will be awarded an additional \$5,000.

Dierke will be competing with two other middle school principals, one from Pawtucket, RI, and another from Thomaston, GA. The winner will be announced on Oct. 27 during the National Principals' Institute meeting at the Grand Hyatt Hotel in Washington, D.C.

The National Middle Grades Principal of the Year award is facilitated by the National Association of Secondary Principals (NASSP) and sponsored by MetLife.

The California 2007 Middle Grades Principal of the Year is sponsored by the Association of California School Administrators.

Mayor Announces New Funding For An Improved Leland Avenue

Mayor Gavin Newsom on Aug. 23 announced two key milestones — the improvement of Leland Avenue and development of the former Schlage Lock site — in his comprehensive initiative to revitalize Visitation Valley.

Grants totaling \$4.1 million are now slated for improvements to Leland Avenue, Visitation Valley's commercial district, while progress will proceed on an agreement between property owners Ingersoll-Rand and Universal Paragon Corporation (UPC) will allow for the development of a mixed-use community at the nearby former Schlage Lock factory.

A total of \$3.8 million in grants were awarded to San Francisco by the Metropolitan Transportation Commission's Transportation for Livable Communities program and \$300,000 in Proposition K transportation sales tax funds have also been earmarked for the Leland Avenue project.

"This substantial investment of public funds for our streetscape improvements, and the progress on the Schlage Lock site, are the result of the community's unceasing efforts to improve this neighborhood," said Mayor Newsom. "We are pleased to be working with merchants and residents to beautify Leland Avenue and contributing to the renaissance taking place in Visitation Valley."

The improvements, running from Bayshore to Rutland, will include pedestrian lighting, new street trees and landscaping, site furnishings, pedestrian safety improvements, and public art. The project will also include the undergrounding of utilities, through a separate funding source, to be initiated Summer 2008.

The City anticipates the start of construction for the streetscape improvements in Summer 2009 with completion in the Fall 2010.

"I am so glad to see this kind of concrete progress in Visitation Valley," said Supervisor Sophie Maxwell. "Mayor Newsom has been very proactive in working together with my office and the community in pushing for improvements on Leland Avenue and on the Schlage Lock site."

The streetscape project is part of a larger, community-driven economic development effort in Visitation Valley led by the Mayor's Office of Economic and Workforce Development's (MOEWD) Neighborhood Marketplace Initiative (NMI), a commercial corridor revitalization program in eight underserved commercial districts citywide.

Since 2005 — largely due to the efforts of VVBOOM, the Visitation Valley merchant, resident, and community organization funded by MOEWD — the area has witnessed the arrival of six new businesses with eighteen new jobs and the completion of two City-funded façade improvement projects, held its first annual street fair, and has benefited from the Mayor's Community Corridor Partnership, a sidewalk cleaning and graffiti abatement initiative.

Hung Ha, whose family owns a store on Leland Avenue and lives above it, expressed enthusiasm at the momentum that has been growing in this once forgotten corner of the City. "You can really see the changes happening here," stated Ha. "Merchants, property owners and residents are becoming more invested in improving our neighborhood."

Schlage Lock Site Progress

Persistent efforts on the part of the community and the Mayor's Office have also recently led to new momentum in the redevelopment of the 20-acre Schlage Lock site, which has been vacant since 1999.

The City has invested more than \$1 million to establish a redevelopment area here to implement the community's vision for the site, which includes 1,200 new housing units, a mid-sized grocery store with other neighborhood-serving retail, and three new neighborhood green spaces.

Ingersoll-Rand, owner of the Schlage property, and UPC recently announced that they are close to a final agreement for UPC to acquire the site and proceed with toxic remediation and subsequent development in line with the community's plan. Ingersoll-Rand and UPC had been involved in litigation that was preventing redevelopment from proceeding.

S.F. Wants Cow Palace Gun Sales Banned

Responding to the growing concerns of area residents, Assemblyman Mark Leno (D-San Francisco), San Francisco Mayor Gavin Newsom and District Attorney Kamala Harris came together at the Cow Palace on Aug. 9 to announce plans to introduce legislation that will ban the sale of guns and ammunition at the state-owned facility.

Leno, who was asked by Newsom and Harris to carry the measure, plans to amend AB 1668 to reflect legislation that former Senator Jackie Speier (D-Hillsborough) introduced in 2004.

"It is unconscionable to allow gun shows at the Cow Palace when our young people are literally gunned down right outside its doors," said Leno. "The residents of these communities are living in a war zone and are pleading to ban these gun shows. It is heartless to ignore voice."

The San Francisco Cow Palace is owned and managed by the State of California's Department of Agriculture's Division of Fairs and Expositions and is located partly in the City and County of San Francisco and partly in Daly City, County of San Mateo. It is situated directly across from the Sunnydale public housing project and close to communities plagued by violence for years.

Previously, the City and County of San Francisco and the Board of Supervisors of San Mateo County unanimously passed resolutions asking the Legislature to ban gun shows at the Cow Palace.

Gun violence is rising in San Francisco. Over the last three years, 85 percent of all homicides were committed with firearms, compared to only 60 percent in 2001. Since January 2004, there have been 142 homicides in the Bayview and Ingleside Districts, 43 percent of all homicides in the City.

"It is time to stop throwing up our hands and start rolling up our sleeves," said DA Harris. "There are just too many illegal firearms on our city streets."

Last month Mayor Newsom signed a measure, co-authored by Harris, that would, among other provisions, prohibit the possession and sale of firearms on city property. San Mateo County has a similar ordinance, but because the state owns the Cow Palace, state legislation is needed to address this local issue.

Alameda, Marin and Los Angeles Counties have effectively banned gun shows on county-owned facilities through county ordinances. The US Supreme Court has upheld these county ordinances.

AB 1668 will be heard in the legislature in January of 2008.

Valley Youth Learn the Links and Life

More than four dozen youth from Visitation Valley participated in a unique program this year both in the classroom and on a golf course.

The First Tee of San Francisco, an outreach program geared in providing young people of all backgrounds skills in both golf and character education, held after-school sessions at the Harding Park Golf Course.

A collaborative effort with S.F. Recreation and Parks and Kemper Sports Management, the non-profit organization was founded in Spring of 2004 during the renovation of the

Harding golf course complex. It is one of 200 nationwide and abroad founded in 1997 as a division of the World Golf Foundation.

According to First Tee, it's goal is "to provide affordable access to the game of golf and strive to instill in young people the life enhancing values the game of golf requires of its participants."

Classes in the program last about 90 minutes and focus on two curriculums: golf and life values. Nine core values are stresses: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment.

Tai Chi Festival and Weekends in McLaren Park

by Tom Lee

Weekends in the park, for most, is a way to relax and regroup from the wear and tear of the week. It can be a time to spend with friends and family. It holds something different for everyone, depending on personal preference.

If you stroll through McLaren Park in the Southeastern corner of San Francisco, you will see dog walkers, tennis players and cyclists. Most notably, you will see Tai Chi enthusiasts practicing their art diligently on Saturday and Sunday mornings.

Tai Chi is a form of ancient Chinese martial arts known for its gentle and graceful movement; it is practice by many for fitness and health. It is increasingly popular around the world and even in this corner of San Francisco, the Visitation Valley district.

Master He (Hal), XiaoDong founded the Beacon Tai Chi Group with the support of the Visitation Valley Community Beacon Center in 2002. She teaches Yang Style Tai Chi and the classes are open to anyone who is 18 or older.

Master He is a practitioner of Tai Chi and other Chinese martial arts for over 30 years. She is recognized and is a member of a



The Beacon Tai Chi Group performed at Marlene Tran's retirement party.

number of China's most prestigious martial arts institutions.

The Beacon Tai Chi Group performs at community events, health and corporate expos and martial arts tournaments. They received many awards from martial arts and civic organizations. Most recently, they perform at Marlene Tran's retirement party. Marlene Tran was the former San Francisco Immigrant Rights Commissioner and she retired after more than 35 years of teaching for the San Francisco School District. To give you a better idea of who

they are and what they do, you are invited to their Fourth Annual Tai Chi Festival open to all spectators on Sunday, Sept. 9 from 12:30 to 5 p.m. at the Visitation Valley Middle School Auditorium, 450 Raymond Ave.

Please see San Francisco Fitness Tai Chi website for additional details about the festival and classes at www.sftaichi.com.

You are also invited to enjoy a Tai Chi weekend in McLaren Park with the Beacon Tai Chi Group. Take this opportunity to experience Tai Chi for yourself.

Grapevine Mailbox

Moving the Valley Library

Following is a letter sent Aug. 8 to the an Francisco Public Library Commissioner following a July meeting to address the possible reuse of a commercial building at 201 Leland Ave. for the Visitacion Valley Branch Library.

Although the Visitacion Valley New Branch Library Feasibility Study for Adaptive Re-Use of 201 Leland Avenue report addressed several issues concerning the difficulties in adapting the existing building for reuse as our library, we were somewhat disappointed that the report did not succinctly address the benefits of reuse. However, we understand that the reuse question has been answered as best as it can without additional studies and we are ready to move forward.

We thank the Library Commission, BLIP and SFPL staff, and especially the Friends of the Library, for your willingness to explore this alternative.

Our goal has been and continues to be the timely completion of our new library. We will continue to attend Commission meetings, as this is one of our foremost concerns here in Visitacion Valley.

We will also continue to advocate for the library that our community deserves. Our major concerns are that we use the maximum space for the footprint of the site and that our library is on the cutting edge of "green" construction.

A year of discussions concerning construction methods, building design, project timelines, and budgets has expanded our knowledge concerning these issues, and although we are far from experts we are confident that the Visitacion Valley community can go beyond the current design and still remain within the existing budget.

We look forward to participating in the design process and hope community meetings are scheduled soon.

The Visitacion Valley History Project: Cynthia Cox, Edie Epps, Jackie Fishtrom, Betty Parshall, Russel Morine and Linda McKay

No Cow Palace Gun Shows

Mayor Gavin Newsom and District Attorney Kamala Harris sent a letter to Governor Schwarzenegger on Aug. 9 asking him to halt gun shows at the Cow Palace. The request follows the announcement yesterday that the Mayor and District Attorney are working with Assemblyman Mark Leno (D-San Francisco) on AB 1668, a law to ban the sale of guns and ammunition at the state-owned Cow Palace.

Dear Governor Schwarzenegger:

We are writing to respectfully request that you take action to halt further gun shows from being held at the Cow Palace in San Francisco. We believe the Cow Palace gun shows contribute to the flow of illegal firearms and the continuing epidemic of gun violence in San Francisco.

While many weapons vendors are surely law-abiding, tragically, others are not. There is a long anecdotal history of illegal gun sales on side streets surrounding the Cow Palace during the gun shows. It is not a coincidence that the Cow Palace is located directly across the street from the San Francisco neighborhoods that suffer the highest concentration of illegal guns, gun violence and homicide in the City. Public safety demands that we confront this source of illegal firearms in our community.

There is strong evidence that easy access to illegal firearms is claim-

ing lives in San Francisco. Over the last three years, more than 85 percent of all homicides were committed with firearms, compared to only 60 percent in 2001. Non-fatal shootings have also increased dramatically. Last year, San Francisco's largest trauma center treated 228 victims for gunshot wounds, more than double the 110 treated in 2003. Our Public Health Department estimates that last year's gun violence will cost our city over \$53 million in direct health care costs alone. Our community cannot and will not continue to bear the outrageous human and fiscal costs of gun violence. Our City officials are working aggressively to educate youth and their families about the dangers of guns and the reality of gun violence.

In light of the epidemic of gun violence in the neighborhoods abutting the Cow Palace, the gun shows send the wrong message to our community, youth and adults alike.

As you know, the Cow Palace is state property under the jurisdiction of the California Department of Agriculture. As Governor, you have the power to restrict activities at the Cow Palace that are injurious to the health and welfare of citizens. We urge you to exercise your power to immediately halt further gun shows at the Cow Palace.

Respectfully yours,
Mayor Gavin Newsom,
District Attorney Kamala D. Harris

See This Card?

A Colorado Department of Highways employee stopped at a farm and talked with an old farmer. He told the farmer, "I need to inspect your farm for a possible new road."

The old farmer said, "OK, but don't go in that field."

The Highways employee said, "I have the authority of the State of Colorado to go where I want. See this card? I am allowed to go wherever I wish on farm land."

So the old farmer went about his farm chores. Later, he heard loud screams and saw the Department of Highways employee running for the fence and close behind was the farmer's prize bull. The bull was madder than a nest full of hornets and gaining on the employee at every step.

The old farmer called out, "Show him your card!"

S.F. Redevelopment Agency Helps Find Affordable Housing

The San Francisco Redevelopment Agency has helped create thousands of units of affordable housing for people who live and work in San Francisco.

Designated units are available for rent or purchase and are made affordable to households at particular income levels.

An informative website at www.sfraaffordablehousing.org allows the public to obtain essential information about the Agency's affordable housing opportunities easily and efficiently.

Included is information about the Agency's housing programs and how you can access this affordable housing. The information is broken down into three major areas: Multi-Family Rental, Affordable Homes For Sale, and Housing for Seniors and Disabled Persons.

Events in September At Valley Branch Library

Following are events in August at the Visitacion Valley Branch Library:

*Sept. 4, 11, 18 and 25, Tuesday: Mother Goose on the Loose with stories songs and rhythms for young children ages birth-3 at 11:30 a.m.

*Sept. 4, 11, 18 and 25, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*Sept. 12, Wednesday: Preschool Videos for ages 3-5 at 10:30 a.m.

*Sept. 20, Thursday: Read for the Record: Participate in Jumpstart's campaign to read *The Story of Ferdinand* on the same day as thousands of others from 3 to 5 p.m.

S.F. Connected with Neighborhood Empowerment Network

by Mayor Gavin Newsom

San Francisco is known around the world for our culturally rich and diverse communities. In fact, millions of people visit our city each year to experience first hand the neighborhoods and communities that make our city so unique. Our communities are the true lifeline and heartbeat of the city. They are an invaluable resource and refuge for our residents to live, raise a family, shop, eat and play. For this reason it is important that we (the government and nonprofits) make every effort to ensure that our neighborhoods continue to grow and provide for a quality of life that all our residents can enjoy.

One way to effectuate this goal is to make sure that our residents are informed about the various programs, events and resources available in their respective communities to help them improve their quality of life.

Residents will soon have an opportunity to experience their com-

Average Gas Prices Under \$3 a Gallon

California gas prices have dropped to the lowest level in more than five months. According to a new report Aug. 14 from AAA of Northern California, which tracks fuel costs as a service to consumers, the statewide average cost of a gallon of regular unleaded gas is now \$2.93. That price is 22 cents per gallon lower than the average cost at the time of the last AAA fuel price survey on July 17 and 29 cents a gallon less than a year ago.

"We've had 30 consecutive days of falling prices," said Sean Comey, spokesperson for AAA of Northern California. "We've seen retail prices fall by more than 50 cents per gallon since they peaked in early May, but wholesale prices - what the gas stations pay for fuel - have dropped even further, so there may still be some room for improvement."

Increased production from the refineries that supply California drivers with gasoline and reduced demand compared to last year appear to be driving the decrease in fuel prices. How long the current trend will last is uncertain because the cost of crude oil, the raw material from which gas is made, remains high.

The most expensive average gas price in the Northern California communities where AAA monitors fuel costs was in Tahoe City, where regular unleaded was selling for \$3.30 per gallon. The lowest price among Northern California cities tracked by AAA is in Sacramento and Tracy, where gas was sold for an average of \$2.80 per gallon.

Throughout Northern California, the average price was \$2.96, a decrease of 22 cents per gallon since the last AAA gas price report. In the Bay Area, the average price is \$3.15, down 21 cents from last month. The statewide average record high price of \$3.49 was set on May 9.

The national average price for gas in mid-August was \$2.77, down 27 cents from last month's survey. The national average price was 16 cents a gallon less than the California statewide average price. The least expensive gasoline in the country was found in Augusta, Ga., where regular unleaded cost an average of \$2.45. The most expensive gasoline in the continental United States is in Juneau, Alaska, where the average price was \$3.42. The highest average price in the nation was in Wailuku, Hawaii, on the island of Maui, where a gallon of regular unleaded cost \$3.59.

"California drivers are making an effort to cut back on the amount of fuel they use," said Comey. "For the past year we've seen consistently lower demand for fuel here, even while consumption continues to increase in other parts of the country. That has helped the state meet the challenges posed by the high price and unpredictable supply of gasoline."

munities in a whole new light. On September 8th, the Mayor's Office, along with City Agencies, Non-Profits, and Neighborhoods will launch the Neighborhood Empowerment Network (NEN). This forum will allow you and your neighbors to connect and share ideas with City Hall and local non-profits on ways to improve and empower the community in which you reside.

The NEN was created to make it easy for community members to learn about the many opportunities available to help their neighborhoods become a greener, cleaner, safer, and stronger place to live.

The launch of the NEN is a two-fold strategy. On September 7th we will launch the official website for the NEN, called empowersf.org. This website will feature success stories about real people who took on real problems in their neighborhoods by partnering with City agencies and non profits that are there to help. These success stories are told from the perspective of the community person and offer other insight as to what it really takes to get things done and what best practices are out there to overcome challenges.

The site is broken into four categories, Clean and Green, Com-

munity Building, Public Safety, and Disaster Preparedness.

The second component of the launch will be the Neighborhood Empowerment Summit, which promises to be a full day of events at the Bill Graham Civic Auditorium that will include a huge resource fair of agencies and non-profits committed to helping communities. Also planned are in-depth break out sessions focusing on issues, such as public safety, and featuring real life examples of how people just like you can make a difference.

Upcoming activities will also include Neighborhood Empowerment Forums that are held in the community and designed to reflect the unique needs of that area, as well as a NEN Leadership Academy which will provide community members with training on everything from how City Government works to how to start and maintain a vibrant neighborhood association.

This is just the beginning for the Neighborhood Empowerment Network. I invite you all to get involved and get connected. Your community needs you! Please visit <http://www.empowersf.org/> and find out more for yourself!

College Being Made More Affordable

by Speaker Nancy Pelosi

In 1944, our nation made a huge investment in the future with the passage of the GI Bill of Rights. This landmark legislation transformed the lives of millions of Americans and transformed our country, educating the hard-working Americans who would help build this great nation.

Over the years, the GI Bill offered opportunity and economic security through education to more than 20 million brave men and women who wore our nation's uniform. It has given America hundreds of thousands of engineers, teachers, and doctors. And it has given us a model for the investment in the education of our nation's young people.

As students return to school this month in San Francisco and across the country, the New Direction Congress renewed that commitment to invest in our nation's future with legislation providing the single largest increase in college aid since the GI Bill of Rights revolutionized America. The College Cost Reduction Act of 2007 is an investment in a brighter future for our children. A college education is the best investment our nation's young people can make in themselves, and the best investment our nation can make in its future. And no dollar invested or spent, no tax credit or financial initiative brings more money into the Treasury than investing in education.

The College Cost Reduction Act will provide nearly \$18 billion over the next five years to educate the next generation of leaders and innovators. After remaining frozen for the last four years under the Republican-led Congress, Pell Grant scholarships will increase by \$500 over the next four years. By cutting

interest rates in half on student loans over the next five years, we are strengthening the middle class, saving the average student borrower \$4,400 over the life of their loan. The bill will also encourage students to give back to their communities by providing tuition assistance for undergraduate students who agree to teach in our nation's public schools; loan forgiveness for college graduates that go into public service professions, such as first responders, nurses, and early childhood educators; and increase federal loan limits so that students won't have to rely as heavily on costlier private loans.

In today's competitive job market, a college education often makes all the difference. Americans with college degrees earn more than 60 percent more than those with only high school diplomas. Yet financial barriers will prevent 4.4 million high school graduates from attending a four-year public college over the next decade, and prevent another 2 million high school students from attending any college at all.

With this legislation, Democrats are continuing to take America in a new direction that will provide economic opportunity and security — in a fiscally responsible way. The College Cost Reduction Act will pay for itself by reducing excessive federal subsidies paid to lenders in the college loan industry, and will reduce the federal deficit by \$750 million. At a time when college tuition continues to skyrocket in California and across the nation, this crucial legislation will help remove some of the barriers to a higher education so that our young people will be driven by their dreams, not weighed down by their debt.

Date: 09/09/2007

Time: 10am-4pm



Volunteers Needed for Leland Avenue Street Fair

Are you free on that day and interested in volunteering? Please don't hesitate to sign up. Contact Elyng Liu at 415 587 7896 ext 100 or at eliu@visvalley.org.

Leland Avenue Street Fair
Leland @ Daycare

For more information, contact
Elyng Liu @ 415 587 7896 ext
100 or email eliu@visvalley.org

GRAPEVINE
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VISION PROJECTS

2nd Annual

LELAND AVE. FESTIVAL



Sunday September 9th 2007
10am to 4pm
Leland @ Bayshore

JOIN THE VISITACION VALLEY COMMUNITY FOR A DAY OF

MORE MUSIC

Live Band Performances by:
Native Elements, Karney,
Sulto Love Express, and
The Accidentals

MORE FUN & FOOD

Informational
Booths, Children's
Play Area, Arts and
Crafts, and Games!

MORE

FAMILY

SPONSORED BY:



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Visitation Valley History Project



WHAT'S GOING ON HERE??

Learn about the project and how it works
at the Visitation Valley History Project

11:30 AM

DEON MISSION

GREAT BARGAINS IN USED BOOKS

111 AND AVENUE STREET FAIR

SEPTEMBER 6, 2007

The Visitation Valley History Project will once again have a used books table at the Second Annual Island Avenue Street Fair. Prices are right—paperbacks 50 cents, three for a dollar. Hardcover \$1.00 to \$3.00 for two dollars.

All proceeds benefit the Visitation Valley Library Fund.

HISTORY OF A HISTORY PROJECT

In May 2005, John W. Hays, a local historian and author, presented a historical overview of our history project at Visitation Valley. He discussed the project's origins, its goals, and the progress made to date. He also shared his own experiences in researching and writing about the history of Visitation Valley. A remarkable video was produced which reflects the current heritage of Visitation Valley. In June 2006, the community was invited to a public hearing to discuss the project's future. The hearing was held at the Visitation Valley Library. The project's future is being shaped by the community's input. The project's future is being shaped by the community's input.

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CIRCLE OF LEADERS VIDEO

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DONATE A MEMORY

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ORAL HISTORY EXCERPTS

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Current Test Scores Show An Upward Trend for SFUSD

The San Francisco Unified School District improved on the California Standards Test (CST) for the sixth consecutive year in 2007.

Once again, SFUSD has higher proficiency rates than the state at every grade level and in all three content areas—English Language Arts, Math and Science.

In English Language Arts, 49 percent of the students tested scored at 'proficient' or 'advanced' levels. In Math, 58 percent scored 'proficient' or 'advanced'.

By comparison, in 2002, 35 percent of the students scored at proficient or above in English Language Arts; for Math 37 percent scored at proficient and above.

The scores in CST Science also show an upward trend.

Approximately two-thirds of SFUSD schools either improved or remained at their current level of proficiency in both English Language Arts and Math.

"SFUSD has a winning team of students, teachers, parents, community members and administrators who are keeping this forward momentum. I am just thrilled to be a

part of this team," said new Superintendent Carlos Garcia.

A majority of ethnic groups, including African-American and Latino students, have increased their rates of testing at 'proficient' and 'above' in both English Language Arts and Math.

Over two-thirds of the STAR schools (identified as under-performing schools in previous years) either met or exceeded their school-wide Adequate Yearly Progress (AYP) targets on the CST in English Language Arts and Math.

A key area of concern to the District continues to be the test scores of African American, Latino, and English Language Learner students. While these groups continue to make gains, their rate of improvement is lower than the district's rate of improvement. This is what is referred to as the "achievement gap."

"It's not a question of whether different ethnicities can learn—they can learn. The problem is, we're not teaching things in the way in which they are able to learn," said Garcia. "During our

training for principals in early August we focused on effective ways of bridging the achievement gap. There are many good examples out there for us to learn from and we will."

Under the STAR program, California students attain one of five levels of performance on the CSTs for each subject tested: advanced, proficient, basic, below basic, and far below basic.

The State Board of Education has established the proficient level as the desired achievement goal for all students. This goal is consistent with school growth targets for state accountability and the federal No Child Left Behind requirements.

The state target is for all students to score at the proficient or advanced level. California Standards Tests (CSTs) are standards-based tests that measure the achievement of state content standards in English-language arts, mathematics, science, and history-social science.

Results for all school districts in California are posted on the California Department of Education web site <http://www.cde.ca.gov>.

More S.F. Students Now Passing High School Exit Exam

Preliminary data released by the California Department of Education (CDE) show that more of SFUSD's graduating class of 2007 met the requirement for the California High School Exit Exam (CAHSEE) than did the class of 2006 at this same point in time last year.

The SFUSD cumulative rate for high school seniors meeting the CAHSEE requirement in 2007 is approximately 94 percent; the 2006 percentage was approximately 91 percent.

Additionally, students in nearly every subgroup in the class of 2007 are meeting the CAHSEE requirement at a greater rate than did the class of 2006.

For African-American high school seniors, approximately 91 percent met the test requirement, whereas last year at this time the number was 72 percent. Approximately 69 percent of students receiving special education met the requirement this year, compared to 35 percent last year. Latino students improved with approxi-

mately 89 percent meeting requirements this year, compared to 84 percent in 2006. English Language Learner students improved to 80 percent from approximately 77 percent.

"We want all of our students to meet the exit exam requirement and to graduate from high school with the choice to go to college. I am happy to see that we are getting closer to our target," said Superintendent Carlos Garcia.

CAHSEE Background from the California Department of Education: "State law authorized the development of a California High School Exit Examination (CAHSEE), which students in California public schools would have to pass to earn a high school diploma.

"The CAHSEE is designed to ensure that all high school graduates have achieved a solid foundation of knowledge and skills in English-language arts and mathematics, based on state-adopted content standards.

"Current law specifies that all public high school students must take

the CAHSEE for the first time in grade ten. Students who do not pass the CAHSEE in grade ten will have two opportunities in grade eleven and three opportunities in grade twelve to pass the exam.

Communication Essential for Best Service in Car Repairs

Good preparation and communication at the repair shop can help make auto service go smoothly. Here's advice from the pros at the nonprofit National Institute for Automotive Service Excellence (ASE).

*Read the owner's manual to learn about the vehicle's systems and components.

*Follow the recommended service schedules.

*Keep a log of all repairs and service.

*Pay careful attention to your vehicle's symptoms and be prepared to discuss them once you are at the repair shop.

*Note when the problem occurs and whether it is constant or periodic, during braking, under acceleration, when the vehicle first starts up, etc.

Are You Falling Behind on Your Mortgage Payments?

Mortgage foreclosures are up; interest rates are up; and the number of houses for sale that are languishing on the market is up. About the only thing that is "down" these days is the troubled homeowner who is having difficulty making his or her mortgage payment.

The Better Business Bureau has developed a new educational resource - BBBTips for Troubled Homeowners—to assist those who fear they can no longer afford to meet their mortgage obligation.

"Whether you are a couple of

months behind in your mortgage payment or a couple of weeks behind, there are positive steps you can take to protect the value of your investment. The BBB wants troubled homeowners to know that they are not alone and they are not without options," said Steve Cole, president and CEO of the Council of Better Business Bureaus.

"Troubled mortgage-holders are no exception. BBBs are assisting with an increasing number of complaints about foreclosure 'rescue' businesses that promise

homeowners a fail-safe solution. Victims report unknowingly signing over the deed to their house; having to pay rent to live in their own home; or confronting a buy-back deal that exceeds the value of their home," Cole said.

BBBTips for Troubled Homeowners outlines the options that are available to financially-pinched homeowners, from those who are anxiously awaiting a "reset" of their adjustable rate mortgage to those who may already be on the road to foreclosure.

The BBB system's new educational resource is available online at www.bbb.org/tips/clearpoint. Topics include:

*Reasons behind the current rise in mortgage foreclosures;

*Advice for homeowners on assessing their personal situation;

*Steps to take if you can't make your monthly mortgage payment;

*Seeking assistance from a non-profit housing counselor; and,

*Avoiding foreclosure "rescue" scams.

BBBTips for Troubled Homeowners is sponsored by ClearPoint Financial Solutions, Inc., a System-wide member of the Better Business Bureau. This is the latest release in a series of BBBTips resources on credit and debt issues.

"We join with the BBB to provide practical information to help homeowners who are worried about losing their homes. The sooner they develop a plan of action, the greater their chances to improve their financial situation," said Dan Oelrich, President and CEO of ClearPoint.

Riders Wanted for Valley Bike Club



Molly Hassler, Hung Ha and Peter Hassler (l-r) take a well-deserved breather from a morning of cycling at Oyster Point Marina back in June. —Edie Epps

The new Vis Valley Bike Club is welcoming new members. All you need is a bike and the ability to get up very early on weekends.

The group has ridden around Candlestick Point, the back roads of Brisbane, the Embarcadero and Aquatic Park to Oyster Point Marina (on a bike path almost all of the way) and recently took an im-

promptu tour of Bayview-Hunters Point and Dogpatch.

Rides always include a stop for coffee and pastries. For the record, a 150 pound person burns more than 850 calories in two hours of moderate cycling while a 200 pound person will burn 1150. If you are interested, call Molly at (415) 330-8554 or Edie at ahains@sbglobal.net

*Carry a written list of the symptoms for the service adviser.

*Ask questions. Request simple definitions for unfamiliar terms.

*Ask to be called and apprised of the problem, course of action, and costs before work begins.

*Before leaving, be sure you understand all shop policies regarding fees, guarantees and acceptable methods of payment.

ASE was founded to improve the quality of automotive service and repair through the voluntary testing and certification of automotive technicians. ASE-certified technicians wear blue and white ASE shoulder insignia; their employers often display the blue and white ASE sign.

Visit www.ase.com for seasonal car care tips. —NAPS

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro).

Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*Sept. 1: Embellish a beautiful butterfly that you can wear on your finger as a ring.

*Sept. 8: Build and decorate your very own kaleidoscope.

*Sept. 15: Assemble your own bendable sculpture using wire and beads.

*Sept. 22: Print bees, fish, butterflies, flowers and more from a new

giant rubber stamp collection.

*Sept. 29: Stencil peace signs, butterflies, flowers and planets at a super '60s stenciling scene.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Grapevine on the Web

Read current and past stories from the Visitation Valley Grapevine at www.visvalleygrapevine.com.

Is Your Child Ready for Kindergarten?

Preschool programs have been found to be a big boost for kids starting Kindergarten. A study at Stanford University found that:

*Kindergarten teachers overwhelmingly believe preschool is beneficial to children. Of those surveyed, 96 percent say it's important for children to go to preschool before they start kindergarten; 90 percent say children who attend preschool are better prepared to learn to read, play well with other kids, follow instructions and recognize colors and shapes; 88 percent say they spend extra time working on basic skills with children who have not gone to preschool.

There are ways that you help your child develop early literacy at home as well. Here are some tips and strategies from the S.F. Public Library:

*Go on an "alphabet hunt" while grocery shopping. Talk about the shapes and sounds of the different letters.

*Draw pictures of a family outing and ask your child about her favorite memory.

*Share songs, rhymes and stories

in your home language and other languages, too.

*Fill a baking sheet with rice or sand and help your child trace letters with his finger.

*Visit your local library for story times, books and more.

*Help your child notice environmental print including cereal boxes, magazines, recipes and signs.

*Play "I Spy" while going to school or to the market.

*Point out words that begin with the first letter of your child's name.

*Act out familiar stories, songs and nursery rhymes.

*Take a "picture walk" around your home on a rainy day. Talk about what you see.

*Use household items to put on a puppet show to retell familiar nursery rhymes and stories.

*Take a "word walk" around your in neighborhood. Talk about the words you see and their meaning.

*Sing songs and make up your own nonsense songs.

*Help your child write thank you notes or other cards to teachers, friends and family.

VVBOOM Presents... Leland Avenue Street Fair

Sunday Sept 9
10 am - 4pm

Schedule of Events

MUSIC MAIN STAGE

10:00 - Opening Ceremonies
10:30 - Accidentals
11:00 - Fog City Revue
12:00 - Ojeda
12:45 - Sponsor Awards
1:00 - Native Elements
2:00 - Karnay
3:00 - Sufira Love Express

CHILDREN'S AREA

11:30 - Tree Frog Trunks
Reptile Show
1:00 - Clown Act, Bubbles
& Balloon Animals
All Day - Dancers, Hula,
Activity Tables,
and more!

Joe Leland around the neighborhood

"No" to Library Adaptive Reuse: Several concerned community members attended the Aug. 16 meeting of the San Francisco Public Library Commission to make their concerns heard regarding the future of the community's new library. The meeting was a direct result of small but committed group of Vis Valley residents advocating for the consideration of the adaptive reuse of the Superfair Market building instead of tearing it down and starting from scratch. Although the issue was portrayed as divisive by some in attendance, the majority of the Commissioners agreed that the topic of adaptive reuse was a legitimate issue and it was their due diligence to explore all potential money saving and time options. The Commission ultimately did not support the idea of reusing the existing building however due to a projected higher cost. The Commission voted unanimously to continue the process of finalizing a design for an entirely new building. Community meetings will be announced soon.

***The Case of the Disappearing Palm Tree:** After assuring the Vis Valley community that none of the majestic palms trees atop Bayshore Blvd would be destroyed during the construction of the 120 new town homes at the former Travelodge site, apparently new buildings were built dangerously close to two of the stately palms severely damaged one magnificent tree beyond salvation and endangering the other. The situation was discussed at several community meetings with only an agreement of a one for one replacement tentatively supported if a tree must be removed. Although there is the slight possibility that the highly paid construction professionals did not noticed that the buildings were to close to the splendid palm trees until construction was well underway, given the fact the impressive palm trees are over 30 ft tall and have been it the same location for over 50 years this scenario seems highly unlikely. To continue the strange tale of events, the most severely impacted palm tree suddenly disappeared from the Visitacion Valley skyline. It is possible that the tree left the neighborhood in disgust.

***Tour the Brisbane Baylands:** Universal Paragon Corporation (UPC) is pleased to present five bus tours of the Brisbane Baylands. These 2-hour tours will leave from Brisbane's City Hall and take you through UPC property; much of is currently off-limits to the public. Learn about the history and future plans for the site as well as the regulatory and planning progress for the property. Kids over 12 are welcome! Times: Wednesday Aug. 29 from 5 to 7 p.m.; Thursday September 20, 2007 from 10 a.m. to 12 noon; Saturday, Sept. 29 from 10 a.m. to 12 noon; Wednesday, Oct. 3, from 4 to 6 p.m.; and Thursday, Oct. 11, from 4 to 6 p.m. Please RSVP by sending an e-mail to info@srbayleasing.com or call (515) 468-6676 x117.

FTC Stops Spammers Selling Bogus Weight-Loss and Anti-Aging Products

Spammers must stop sending unwanted and illegal e-mail messages about hoodia weight-loss products and human growth hormone anti-aging products the Federal Trade Commission alleges don't work.

At the FTC's request, a district court judge ordered a halt to the e-mails and to product claims that the FTC charges are false and unsubstantiated.

According to the FTC's complaint, the operation was responsible for spam messages that were sent to consumers.

The illegal e-mails then drove traffic to the defendants' Web sites. Those sites sold two types of products under a variety of names.

Pills that allegedly contained hoodia gordonii and caused significant weight loss were sold under names such as "HoodiaHerbal" and "Hoodia Maximum Strength."

So-called "natural" products that were supposed to elevate a user's human growth hormone (HGH) level and thereby dramatically reverse the aging process were sold under names that included "Perfect HGH" and "Dr-HGH."

Community Meeting On Future Public Art For McLaren Park

Artists Mark Brest van Kempen, Susan Schwartzberg and Gloria Bornstein will meet with community members on Saturday, Sept. 8 from 12 noon to 2 p.m. to hear about ideas for an upcoming public art project within McLaren Park at the Louis Sutter Clubhouse (near the University and Wayland street entrance to the park).

The future artwork is a joint project of the San Francisco Arts Commission and the S.F. Public Utilities Commission.

The three artists were selected as finalists in a West Coast competition for the project. All of them have created a wide range of large-scale artworks and design elements for integration into parks and other outdoor open spaces. The proposals they develop after the meeting will be available for public viewing and comment in November.

The FTC alleges that the claims made for the products were false and unsubstantiated. According to the FTC complaint, the defendants falsely claimed that their supposed "hoodia" products cause rapid and substantial weight loss, including as much as forty pounds in a month; cause users to lose safely three or more pounds per week for multiple weeks; and cause permanent weight loss. In fact, the weight-loss claims were false.

The complaint also charges that the defendants falsely claimed that their supposed HGH products would contain human growth hormone and/or cause a clinically meaningful increase in a consumer's growth hormone levels.

According to the FTC, the defendants also falsely claimed that their HGH products would turn back or reverse the aging process, including: lowering blood pressure, reducing cellulite, improving vision, causing new hair growth, improving sleep, improving emotional stability, speeding injury recovery, relieving chronic pain, increasing muscle mass, and causing fat and weight loss.

The FTC's spam database has received over 85,000 spam messages sent on behalf of the operation. According to court documents filed by the FTC, many of these e-mail messages were re-sent using Web form hijacking, a particularly insidious form of spamming.

In Web form hijacking, the spammer injects the spam message into form fields on an innocent, third-party Web site (often a "Contact Us" form). The message uses the resources of and appears, deceptively, to come from the victim Web site operator's mail server. This is the first time the Commission has filed a case against spammers using this tactic.

The FTC alleges that the operation violated the Controlling the Assault of Non-Solicited Pornography and Marketing Act of 2003 "CAN-SPAM Act" by initiating commercial e-mails that contained materially false and misleading header information; contained deceptive subject headings; failed to provide clear and conspicuous opt-out links; and failed to include a physical postal address.

Greenway Project Helping to Beautify Visitacion Valley

The Visitacion Valley Greenway is composed of a linear series of six publicly owned parcels, cutting a verdant swath through the heart of Visitacion Valley. It is being developed by the Greenway Project in partnership with the San Francisco Recreation and Park Department (SFRPD).

In 1999, after four years of intensive organizing and lobbying, the Greenway Project, the community, the Trust for Public Land and the SFRPD, created an agreement with the Public Utilities Commission, which has jurisdiction of the parcels, stating that the sites will be transferred to the SFRPD once the infrastructure (pathways, irrigation and fencing) are completed. So far funding has been secured for all of the six lots.

Three lots, the Hans Schiller Plaza on Leland Avenue, the Agriculture Garden at Campbell and Rutland, and the Children's Play Garden between Campbell and Teddy Avenues have been completed.

The Herb Garden, in the end stages of construction will open this fall. The final two sites, the Community (Raymond/Arleta Avenue) and Native Plant (Tucker/Tioga Avenue) Gardens will begin construction in a few weeks and be completed by the beginning of 2008. Visitacion Valley Greenway is already considered a new paradigm for infill open space.

In its entirety, the Greenway will function as an outdoor classroom and recreation area beautifying the landscape and uniting the diverse groups and generations of Visitacion Valley. This park land is anticipated to incorporate a native plant garden, children's play garden, various fruit and street trees, public art made by school children and community members, agricultural crops, herb gardens, a Senior Pavilion, job training and horticultural classes.

The Hans Schiller Plaza opening onto Leland Avenue — the neighborhood commercial area — is the southern gateway to the Greenway and an important part of the revitalization of the neighborhood.

When completed, the entire Greenway will function as a corridor of native and other beneficial plants that attract insect and avian pollinators. Pathways will provide a pedestrian connection from the lower to the upper Valley. Soil erosion prevention, water wise irrigation, and drought-resistant planting methods will be practiced.

Thematic design of fencing and sidewalks will create a visual unity throughout the entire Greenway.

The ultimate goals are to establish a dialogue within the community so that, eventually, the entire neighborhood will be greened by incorporating methods practiced and promoted in the Greenway and provide educational and recreational opportunities for the residents of Visitacion Valley and beyond.

The Greenway Project has received two San Francisco Beautiful Awards for Beautification, and the Trust for Public Land has given its prestigious Lachman Soulag Award to the Greenway Project's leadership.

The Greenway represents an outstanding model for using public and private sources for funding its capital improvements and creating a sustainable program for the future.

The SF Recycling Company has generously funded construction of the Greenway's gates and contributed materials, such as compost and urbanite. Beautification of the neighborhood has been a spur to economic development and revitalization.

The entire Greenway is an outdoor classroom. Last year, the Visitacion Valley Green Stewards program was inaugurated, consisting of 10 middle school to high school students from the area who are learning about environmental education, career opportunities



The Greenway's Agriculture Garden (top) is located at Campbell Avenue and Rutland Street and the Children's Play Garden (below) is on Teddy Avenue.



and are participating in wilderness trips with the groups and the Sierra Club. The Scully Foundation funds this program.

The Greenway Project was instrumental in the SFRPD's design and construction of the new Visitacion Valley Playground and Clubhouse, which opened in October 2003 for which it is a recipient of the San Francisco Beautiful 2004 Award for Beautification.

VVGP participated in the landscape design and installation of plants for the new Clubhouse. VVGP also has participated in the design process for the renovation of Kellogg Velasco Park with the Rec-

reation and Park Department.

Working with Harkness Avenue Neighbors, VVGP has helped beautify the vacant lot at Rutland and Harkness. VVGP continues to partner with local community based organizations, such as the Beacon Center and the Visitacion Valley Community Center.

In addition VVGP works with other organizations such as the Friends of the Urban Forest to plant trees throughout the Valley, the SF Parks Trust and the Trust for Public Land. For further information about programs or volunteering: phone (415) 468-0639 or e-mail: fma6764860@aol.com

Green Stewards Talk About Experiences

"If you were ever to look at the city map, you'll notice there isn't much green. San Francisco is packed with houses and businesses. You'll rarely ever see parks or gardens for children and seniors to enjoy. But that is now different in the Visitacion Valley area, because there are parks and there are gardens — the Visitacion Valley Greenway."

"Anne (Seeman) and Fran (Martin) have been working together for the past 12 years to get these gardens for us and recently, a new program, the Green Stewards has been started. It is a program that consists of 10 teenagers. Every week, S girls and S boys meet up and help out at the gardens. Occasionally, there are day trips and overnight camping trips, so it is definitely not all work and no play."

"Since early summer, the gardens have changed dramatically. In the beginning, it was nothing more than a plot of land needing weeding. But now the flowers are blooming and kids are seen in and out, swinging on swings, sliding on slides, and occasionally, you'll see a couple helping out at the gardens."

-Harriet Hu

"For those of you who have never been kayaking, believe me, it's a fun experience. From the water, to the deer, to the trees and to the twinkling stars at night, you'll never guess how fun it is until you try it for yourself. Two weekends ago, I participated in my second of many field trips with the Visitacion Valley Green Stewards. We kayaked to Angel Island and had an overnight experience far away from home. This was a once in a lifetime experience for me."

-Precious McCoy

"The Visitacion Valley Green Stewards is a program of 10 individuals. In this program, they volunteer at the gardens, and occasionally, go on various trips, including white water rafting and kayaking. Since it has started, we have been on three trips already, and one of the best trips so far was the first white-water rafting trip with ETC (Environmental Traveling Companions). We drove to the American River and camped there. We went rafting on the South Fork of the American River and had fun. The best part was definitely during the campfire at night, right before we slept under the stars, or rather supposed to have slept. The trip was full of fun and it was a great way to relax just before school started."

-Chapman Seto

EarthTalk

Truth About Hybrids

Dear EarthTalk: I read that hybrid cars are actually less green-friendly than even Hummers, because they have two motors and very environmentally damaging batteries. Is this true? -Renee Sweany, Indianapolis, IN

The claim you read about was from "Dust to Dust: The Energy Cost of New Vehicles from Concept to Disposal," a controversial study by researcher Art Spinella of Oregon-based CNW Marketing. It ranks more than 300 vehicles for their energy use over their entire lifecycles—from raw materials extraction and manufacturing, to driving and burning fuel, to the recycling and disposal of parts. What surprised even Spinella was how the Toyota Prius, the world's most successful gasoline-electric hybrid car, stacked up against General Motors' behemoth Hummer, the modern poster child for unsustainable transportation.

"The Hummer over the lifetime of the vehicle ends up being less of a drain of energy on society in general than does the Prius," wrote Spinella in his report. A key-determining factor was the hybrid battery's use of nickel extracted from a Sudbury, Ontario mine that has emitted so much sulfur dioxide that acid rain has turned a once healthy nearby forest into a bleak landscape. That mine, however, which supplies nickel for many industrial purposes and not just hybrid batteries, has cut pollution 90 percent since the 1970s.

Another common criticism of hybrids is that their batteries will be a pollution threat once they land in the junkyard. But hybrid advocates insist that the nickel-metal hydride batteries found in the Toyota Prius, Honda Insight and other hybrids contain far fewer pollutants than the lead-acid varieties used in traditional cars. And initial worries that hybrid batteries would need replacement every few years have not borne out; Toyota says the batteries should go for 150,000 miles, which they predict to be the car's life expectancy.

Spinella pegs the life of the typical Prius bought new today at only 100,000 miles, and contrasts that against a predicted 300,000 for Hummers—meaning that, though Hummers burn more gas and emit more pollutants, they will last much longer. Additionally, Spinella factors in the added production costs of including two separate engines in the Prius—one that runs on gas and the other on electricity.

Most environmentalists challenge Spinella's conclusions. Jim Kliesch, research analyst with the American Council for an Energy-Efficient Economy (ACEEE), which publishes a yearly rating of the "Greenest and Meanest" cars, says the CNW study contradicts many other studies, including those conducted by the Massachusetts Institute of Technology (MIT), Carnegie Mellon, Argonne National Labs, the Union of Concerned Scientists and others that place the green-friendliness of the Prius and other hybrids head and shoulders above many other vehicles and certainly the Hummer.

Spinella is "way off the mark," says Kliesch, and scolds CNW for not having "Dust to Dust" peer-reviewed for accuracy. "If you do some back-of-the-envelope calculations on their claims," he says, "you'll find that it takes about \$286,500 in energy to produce and assemble a Prius, [which is] absurd."

Toyota itself also disputes CNW's findings. In a short rebuttal published in the Washington Post, Toyota vice-president Irv Miller said that the increased energy requirement to build a hybrid with two engines under the hood "is overwhelmingly made up for in the driving stage."

Dear EarthTalk: What tax or other government incentives are there out there for buying green—for individuals as well as businesses? -Sarah Rafferty, New York, NY

There has never been a better time than now to tap into a laundry list of tax rebates and other financial incen-

tives designed to encourage individuals and businesses to go the greener mile. At the federal level in the U.S., individuals can reap the rewards of no less than eight different financial incentives ranging from tax credits and home loans for replacing windows and installing insulation around the house to tax rebates for purchasing a hybrid car or hooking up a solar hot water heater.

Besides these federal incentives, nearly every U.S. state has additional state or local incentives available. Many require utilities to rebate consumers who save electricity. Some utilities even offer "net metering," whereby consumers who generate some of their power through rooftop solar panels or other technologies can sell electricity back to the utility, thus reducing or zeroing out their electric bill—even earning money.

Many financial incentives are in place for businesses, as well. At the federal level, examples include an energy-efficient commercial buildings tax deduction, a business energy reduction tax credit, an energy-efficient appliance tax credit for manufacturers, and a new energy-efficient tax credit for green-savvy builders.

At the state level, many are eager to attract renewable energy companies to their region, and offer tax breaks to get them there. Washington State, for example, charges no sales tax on renewable energy equipment produced or sold there. And some forward-thinking cities are beginning to offer "density bonuses" and green building incentives to developers and builders to encourage

sustainable land use.

The best place to look for what's available is to steer your web browser to the free online Database of State Incentives for Renewables and Efficiency (DSIRE), a comprehensive source of information on state, local, utility and federal incentives that promote renewable energy and energy efficiency. DSIRE is a federally funded project of the Interstate Renewable Energy Council, whose membership includes state and local government agencies, national laboratories, renewable energy companies and advocacy groups.

In Canada, the Office of Energy Efficiency at Natural Resources Canada offers a slate of federal grants and incentives under its eco ENERGY Retrofit program to homeowners, businesses, large industries and public institutions to help them invest in energy- and pollution-saving upgrades. The agency also administers the High Efficiency Home Heating System Cost Relief program, which will contribute up to \$300 to homeowners who upgrade their old oil or gas furnace or boiler to a new high-efficiency model. And low-income households might qualify for additional federal financial assistance for energy retrofits. Another Canadian program, the Vehicle Efficiency Incentive (VEI) rewards those who buy fuel-efficient cars or trucks with rebates of up to \$2,000 each. Beyond these federal programs, selected provincial and municipal entities across Canada also offer incentives to those looking to save energy and the environment.

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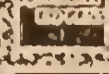
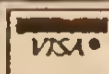
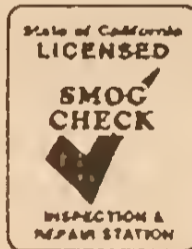
Book available on Amazon.com and JOE Leland Coffee Shop (28 Leland Ave, SF, CA 94134)

All profits from the sale of this book will be donated to the new Visitacion Valley branch library and the collection and preservation of our shared history.

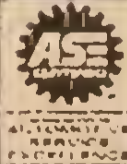
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Bayview Police Update

by Bayview Captain Albert Pardini

*Monday, July 30, 1:15 p.m., 2400 Block of San Bruno Avenue, Stolen/Forged Checks: Officers were assisting motorists that were involved in a minor accident on San Bruno Avenue when they were approached by a bank manager. The bank manager said that a woman came into the bank and attempted to pass a check that had been stolen. The woman fled the bank after she realized the bank was attempting to call the police. She was spotted in the area and quickly taken into custody after a short foot chase. The woman was booked on numerous theft and forgery charges.

*Wednesday, Aug. 1, 9:03 p.m., 100 block of Brussels Street, Aggravated Assault with Gun: Bayview officers responded to the 100 Block of Brussels Street regarding shots being fired. Responding Officers met with the victim, who fortunately was not shot. The victim stated that as he was walking south on Brussels Street, a slow moving car approached him. As the car passed him the passenger fired two shots from what appeared to be a handgun. A search of the area was performed for suspects, witnesses, bullet holes, or casings with negative results. The victim was not able to give a suspect description.

*Monday, Aug. 6, 12:10 p.m., 300 block of Silliman Street, Attempted Robbery: A Bayview officer responded to the area of the 300 block of Silliman Street regarding an attempted robbery. A juvenile victim and witnesses were located. The officers learned that the victim was walking with his sister when three juveniles approached him. They

asked the victim if he had a cell phone and he ignored them. The victim was then punched by one of the males and knocked to the ground. They attempted to take the victim's iPod but the victim would not let it go. The attack ended when a Good Samaritan stopped at the scene. A description was broadcast and the nearby gymnasium was searched. As officers were searching the gym, they saw a juvenile poke his head out of one of the rooms and quickly retreat. As the officers got closer to the room they overheard a voice from inside say, "Dude, they [police] walked around the other side and they got a car over there too." The officers made entry to the room and located three juveniles and clothing in the corner that matched the description of the wanted juveniles. They were detained and cold shows were performed. Two of the juveniles were identified as being involved in the attack.

*Saturday, Aug. 11, 6:29 a.m., Lathrop and Wheeler, Aggravated Assault, Attempted Auto Strip: A man was injured this morning when he interrupted a bunch of thieves attempting to steal the 22-inch chrome wheels from his wife's car. The man was leaving the house when he saw the crime in progress. He yelled at the would-be thieves and was then attacked with a tire iron. The thieves fled in a dark blue Chevrolet van driven by a third person. The man suffered superficial wounds and will seek his own treatment. The first suspect was described as a black male 18-25 years old, 5'08" with medium length black and red twists for a hair cut. The second is described as a black male 6'00" and bald. There is no description of the get away driver.

*Monday, Aug. 13, 10:40 a.m.,

Bayshore Boulevard and Paul Avenue, Stolen Vehicle, Arrest Made: Officers were driving on Bayshore Boulevard when an officer saw a woman running from a car that was stalled in the intersection of Bayshore Boulevard and Paul Avenue. Believing that something was wrong they went to find the woman. They found her a block away throwing her jacket into another car parked on the Corner of Wheat Street and Paul Avenue. That car had its motor running but its keys were missing. Another woman was sitting in the passenger seat. Both women were detained. A computer search revealed that the car left abandoned in the intersection and the car that the woman was running to be both reported stolen. Both women were booked.

New S.F. Gun Law Toughest in Nation

Mayor Gavin Newsom, joined by District Attorney Kamala Harris and Police Chief Heather Fong, signed a new law on Aug. 1 co-authored by D.A. Harris that strengthens San Francisco's anti-gun laws.

"Now San Francisco has the toughest anti-gun laws in the country," said Newsom. "We are committed to getting guns off the streets."

The new law, co-sponsored by two members of the Board of Supervisors, Ross Mirkarimi and Sophie Maxwell, prohibits the possession or sale of firearms on city property, requires firearms in residences to be in a locked container or have trigger locks, and requires firearm dealers to submit an inventory to the chief of police every six months.

"It's essential to public safety to keep illegal guns and the criminals who use them off our streets," said Harris. "This legislation will help keep guns away from children, out of schools and parks, off the black market and out of the hands of criminals. I thank the Mayor and the Board of Supervisors for passing this legislation."

Newsom, Harris and Fong held a press conference to sign the law and to display guns obtained in the "Gifts for Guns" event hosted July 29 by the Mayor's Office of Criminal Justice and the police department.

Gifts for Guns is the City's first-ever gun buy-back program. Residents were invited to turn in operable firearms in exchange for gift cards from Safeway and Wells Fargo Bank. One-hundred nineteen guns — including five assault firearms and two sawed-off shotguns — were turned in and destroyed. The program protected the anonymity of participants.

Book Review

Seven Steps to Relieve Misery and Breathe Easy

Mother Nature has been treacherous the past few weeks, especially if you have sinus problems. Cities across the nation are coated with a choking haze of pollen. Wildfires in the South and the West have blanketed those regions with thick, smothering smoke. On a good air quality day, an estimated 38 million plus Americans suffer from sinusitis, or inflammation of the sinuses that can cause excruciating pain, pressure and a seemingly endless stream of thick post-nasal drip. So toss a steady stream of air pollution into the mix and not only does the agony intensify for those who already have sinusitis, but even people who are normally 'healthy' wind up with ear, nose and throat problems.

Enter Dr. Murray Grossan, a board certified ear, nose and throat specialist and author of *The Sinus Cure: Seven Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions* (Ballantine Books, \$14.95). Dr. Grossan has been treating sinusitis sufferers for more than 40 years and he's seen patients in utter agony because of the debilitating pain induced by sinus disease. While a perennial runny nose from sinusitis may seem like a minor ailment, left untreated it can

Digital Connectors Honored for Service To Visitacion Valley

One Economy Corporation joined with community partners, friends, family, and program alumni on Aug. 17 at the Carter Terrace Community Room in a graduation ceremony honoring teens who have helped connect the Visitacion Valley Community to technology. The ceremony included a presentation of computers to the graduates.

San Francisco's Digital Connectors identifies talented young people, immerses them in technology training, and helps them build their leadership and workplace skills to enter the new economy.

Youth receive training and participate in community service opportunities in the areas of technology instruction, technical support, digital media, marketing, workforce readiness and leadership development.

In San Francisco, these young people have become a tremendous asset to their community, providing over 100 hours of computer training to 80 families since 2003 and a total of more than 320 service hours since 2004.

lead to serious illness such as meningitis: an infection of the brain, and in some rare cases blood clots can form in veins around the sinus and affect the brain like a stroke.

"Most people simply don't see their doctor for a runny nose," says Dr. Grossan. "But if they have persistent 'brain fog' affecting the ability to think clearly, hoarseness, post-nasal drip, or sinus pressure that lasts for weeks, that's a big red flag alerting them that it's time to see a doctor. You can't just write it off as a cold; especially in children because it can lead to bronchial problems and asthma."

Because so many symptoms can be triggered by air contaminants, *The Sinus Cure* devotes an entire chapter to air quality and urges people to be cautious when faced with pollution issues.

"Most people with sinusitis or asthma know that pollen and smoke — like we have covering parts of the country right now — can exacerbate their problems," says Dr. Grossan. "Even if you don't have an existing sinus or respiratory issue, you should avoid exposure to air pollutants. Fortunately, there are several steps you can take for relief, including nasal irrigation to literally keep your nose clean, and help the tiny hairs inside your nose called 'cilia' do their job — filter the air you breathe. Putting a HEPA room-sized air filter in your bedroom can also work wonders."

Dr. Grossan hopes to show people how to treat sinus disease through a "treat the whole person" approach that avoids the overuse of antibiotics. In fact, overuse is such a problem that up to one-fifth of prescriptions for adults is written for a drug to treat sinusitis according to researchers at the University of Nebraska Medical Center.

"Sinusitis and allergies are worse today than before the antibiotic age," says Dr. Grossan. "Many patients believe antibiotics are the only remedy to cure their sinus problems but they're wrong. My new patients come to me having had the latest antibiotics, yet they're still sick and they depend on us for relief. This has forced us to develop some innovative approaches to curing sinusitis."

Among those approaches, learning what foods can help heal sinus disease — and which to avoid. For example, alcohol, chocolate and dairy products are among those Dr. Grossan recommends avoiding. He also says cold drinks are the number one culprit for turning minor postnasal drip into a major sinus headache.

"No matter what you drink, do not drink it cold," says Dr. Grossan. "However, sipping hot drinks, such as hot tea can help drain your sinuses and allow you to breathe easier."

The Sinus Cure covers the gamut of ear, nose, and throat issues from the impact of stress, the underdiagnosis of 'cough asthma' to the current strategies in drug treatments and new surgery options for sinusitis. After treating thousands of patients, Dr. Grossan's dedication to curing sinusitis will bring relief to millions, including those who are seeking help dealing with seasonal air pollution.

Cooking Corner

Chicken-Vegetable Stir-Fry

1 Tbsp. oil; 1 lb. frozen, boneless, skinless chicken breasts, thawed and cut into strips; 2 cups frozen stir-fry vegetables, thawed; 1/2 cup prepared stir-fry sauce; 4 cups cooked white rice.

Heat oil in wok or large skillet over medium-high heat. Add chicken, cook and stir 5-7 minutes or until no longer pink.

Add vegetables and stir-fry sauce, mix well and cook for an additional 3 minutes, or until heated through, stirring occasionally.

Serve over hot rice. Makes 4 servings.

NAPS

More Than 1,000 Residents Now Enrolled In Universal Health Care Access Program

Mayor Gavin Newsom announced the enrollment of the first 1,000 uninsured residents in the Healthy San Francisco program on Aug. 14 in Chinatown.

Healthy San Francisco provides uninsured residents with a medical home where they can receive access to primary and preventive care, such as emergency care, mental health care and pharmaceuticals.

"Community response to the program has exceeded our expectations and underscores why Healthy San Francisco is needed," said Newsom. "Every day, San Francisco is one step closer to making sure that its uninsured residents have access to an organized system that provides affordable, quality health care. We've reached a significant milestone."

On July 2, Healthy San Francisco began its first phase of implementation in the Chinatown community at Chinatown Public Health Center and North East Medical Services. When the program began, it was projected that enrollment would be

600 to 1,000 by the end of August.

Under the Healthy San Francisco program, uninsured residents who may never have gone to a doctor in San Francisco are now receiving needed primary care.

"Our enrollment success proves that Healthy San Francisco is the right direction for our city," said Newsom.

Newsom announced that the next phase of the program implementation will begin mid-September and will include more health centers for enrollment and will continue to target the City's most vulnerable residents who have incomes at or below 100 percent of the Federal Poverty Level. Healthy San Francisco will be phased in over an 18-24 month period.

Healthy San Francisco is administered by the San Francisco Department of Public Health in partnership with the San Francisco Health Plan. The public can obtain information about the program by calling (415) 615-4500 or visiting www.sfhp.org.

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Sunday Masses

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Visitation Valley Police Report

by Ingleside Captain Paul Chignell Teacher of the Year

Visitation Valley Middle School Principal James Dierke has been selected as the Middle School Teacher of the Year in California. More incredibly, he is now one of three finalists from the 50 states to be selected as Middle School Teacher of the Year by the United States Department of Education and the National Association of Secondary School Principals. The other two finalists are from Rhode Island and Georgia. James Dierke is a star of Visitation Valley and now nationally. Congratulations Jim!

Street Robberies

We have experienced a rash of street robberies, especially at night. We have formulated saturation plans in key areas and robbery decoy operations. Please remember to not display electronic devices or purses. Try to not go out alone but rather in groups. Stay in lighted areas. If you see suspicious activity or groups loitering, call the police so we can investigate.

Police Cases

*On July 12 at 2:06 p.m., officers on the 1700 block of Sunnydale were looking for a suspect who had a restraining order from loitering around the Sunnydale public housing. They spotted the suspect but he took off running. An officer cap-

tured the resident of the 100 block of Blythdale and he was cited for a misdemeanor. At 3:09 p.m. on the 700 block of Delta, an officer made contact with three suspicious persons in a vehicle. She stopped to investigate and was joined by other officers. She determined that the driver, who lives on the first block of Santos, was driving with a suspended license and had seven prior cases. He also had a no bail warrant for felony theft. A passenger, who has no permanent local address, was wanted on a narcotics warrant. Their 1991 Honda was towed. At 6:26 p.m., officers went to the first block of Blythdale on a domestic violence incident where an ex-boyfriend has struck a woman in the face and fled the area. Officers located the suspect on Santos and arrested him for two charges.

*On July 16 at 8:10 a.m., officers went to a residence on the first block of Heritage where a 16-year-old boy was out of control after a dispute with his mother over smoking marijuana. The officers arrested the boy after a struggle and took him to the Youth Guidance Center for malicious mischief, minor beyond parental control and resisting arrest. At 5 p.m., officers went to a residence on the 200 block of Sawyer where neighbors stated that a suspect nearby had poured green paint on cars in the area. The officers located the suspect, who lives on the 500 block of Leland, and arrested him for malicious mischief.

*On July 17 at 4 a.m., officers went to the 900 block of Brussels where a boyfriend had come home drunk and awakened a woman and then started punching her about the face. The suspect fled the premises before the officers arrived. When the officers checked on the suspect, they determined that he used an alias. They checked the Department of Motor Vehicles records and located an address for the suspect on the first block of Cameron Way. The officers asked Bayview officers to respond to Cameron Way where the officers arrested the suspect for domestic violence. At 2:01 p.m., an officer stopped a vehicle at Santos and Velasco for an equipment violation. The driver, who lives on the first block of Blythdale, was unlicensed and uninsured. She was cited and her 1988 Toyota was towed. At 5:50 p.m., an officer stopped a vehicle at Britton and Visitation for a stop sign violation. The driver, who lives on the 100 block of Florentine, was driving with a suspended license. He was cited and his 1973 Chevrolet was towed.

*On July 18 at 9:25 a.m., officers went to the 100 block of Tucker and met with Daly City Police Department detectives who were investigating an auto theft case. They had

a suspect in custody who had stolen a vehicle and was in possession of narcotics paraphernalia. The officers arrested a resident of the 600 block of Silliman on two charges. At 3:21 p.m., officers stopped a vehicle at Sunnydale and Britton for a registration violation. The driver, who lives on the 800 block of Excelsior, was cited and her 1998 Chevrolet was towed. At 9:55 p.m., an officer Robert Toomey was searching the area of Rutland and Teddy on an unrelated robbery case when he spotted a possible suspect. A search of the resident of the first block of Tucker revealed suspected cocaine and marijuana.

*On July 19 at 2:11 p.m., an officer was approached in the Sunnydale and Schwerin area by a witness who had said a lone, middleaged man had been set upon by a group of predators and struck about the face. Officers were in the area and detained two suspects who were on a nearby muni bus. Another suspect took off running and was chased by an officer. While the suspect was running he appeared to be concealing a firearm. The suspect was located by officers on the 100 block of Talbert. A witness directed the officers to a loaded firearm near where the suspect was captured. After the suspect, who lives on the 300 block of Harkness, was arrested, he threatened to kill an officer. Subsequently, the suspect admitted to Gang Task Force officers that the firearm had been carried by him and discarded by him. The suspect, who has a prior arrest for carrying a loaded firearm in public, was arrested on a multitude of charges. At 4:18 p.m., an officer stopped a vehicle at Rutland and Tucker for a stop sign violation. The driver, who lives on the 1500 block of Newhall, was driving with a suspended license. She was cited and her 1989 Toyota was towed. At 7 p.m., a victim came to Ingleside Station to report that her ex-boyfriend had repeatedly beaten her and that now he was threatening to kill her and she feared for her life. Officers went to the 300 block of Teddy and were told by a new girlfriend that the suspect was not there. However, the officers found the suspect hiding in a shower. The suspect was arrested on felony charges and a warrant for driving with a suspended license. At 8:25 p.m., officers were on foot patrol on the 100 block of Britton due to numerous complaints from the community of drug dealers, armed thugs and gang loiterers terrorizing residents and visitors. Under the direction of a police sergeant, officers were to deter the criminal elements. The officers spotted a large group of miscreants loitering. One of the protagonists, a notorious gang member, who has a stayaway order from the area, saw the officers and took off running. He hopped onto a trunk of a car,

climbed various fences and was finally captured with the assistance of another officer. The suspect, who lives on Nueva, was arrested on a number of charges.

*On July 20 at 10:03 p.m., officers at Garrison and Schwerin observed a vehicle fail to heed to a stop sign. They stopped the driver, who lives on the 500 block of Carter, and found that the vehicle was stolen and the driver was operating the vehicle with a suspended license. He was arrested on a number of charges.

*On July 21 at 9:15 a.m., an officer stopped a vehicle at Schwerin and Visitation for a license plate violation. The driver, who lives on the 400 block of Sunrise, was driving with a suspended license. He was cited and his 1995 Lincoln was towed. At 5:10 p.m., officers went to the 500 block of Carter on a domestic dispute over infidelity. The officers located a protagonist on the 1700 block of Geneva and arrested him on a domestic violence warrant. At 10:30 p.m., Gang Task Force officers went to the 100 block of Brookdale and arrested a suspect with a domestic violence warrant. The suspect was hiding under a large pile of clothes.

*On July 22 at 9:30 p.m., after a victim had been robbed at gunpoint on July 18 on the 200 block of Arleta, officers and an inspector of the Robbery Detail located the suspect. He was positively identified by the victim as the perpetrator. The 14-year-old, who is 5'7" and weighs 217 pounds and lives on Towerside, was arrested for robbery.

*On July 23 at 8 p.m., an officer stopped a vehicle at Leland and Loehr for an equipment violation. The driver, who lives in Antioch, was driving with a suspended license and was uninsured. He was cited and his 1987 Buick was towed.

*On July 24 at 6:39 p.m. on the 2400 block of Bayshore, a security guard at the Schlage Lock company observed a suspect on a surveillance

video break a window and climb into the building. When he went to investigate, the suspect was trying to steal copper pipe. Officers responded to the scene, finding the suspect hiding near a back entrance. The suspect, who lives on Pomona, and has been arrested five times previously for burglary and five times previously for auto theft as well as numerous other crimes, was charged with burglary, receiving stolen property, possession of cocaine and burglar tools.

*On July 25 at 12:08 a.m., officers were on patrol when they saw a motorcycle on fire next to an address on the 1900 block of Sunnydale. Nearby they observed a man standing near the motorcycle. When queried, the man stated that his girlfriend had set the motorcycle on fire after an argument between them. The officers went to check on the girlfriend and found that the man had beaten her about the head with his motorcycle helmet and that she had set some clothing on fire and that had ignited near the motorcycle. When the officers went to contact the man, he took off running towards Brookdale. Other officers joined the pursuit and captured the suspect. The resident of the 1400 block of Van Dyke was arrested on domestic violence and resisting arrest charges. At 4:06 p.m. a Gang Task Force sergeant and an officer were on plainclothes patrol on the 100 block of Garrison, an area frequented by dangerous gang members. The officers observed suspected gang members loitering with one suspect known to them hiding behind a bush. The suspect upon seeing the officers, reached into his waistband and started walking away briskly. The officers followed him and saw him throw an object over a fence and keep walking. The officers stopped the suspect and retrieved a loaded revolver behind the fence. The suspect, who lives in Antioch, was arrested on weapons violations.

See Page 8

Grapevine Classified

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

*Getting nervous and upset.

*Feeling sick on a regular basis.

*Feeling like punching out something or someone.

*Feeling like screaming.

*Can't sleep.

*Watching television all night.

*Simply not in a happy frame of mind.

*Problem making the right choices.

If you are experiencing any of these symptoms, we need to talk with you. Visitation Valley Jobs, Education and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

VCC BOARD MEETINGS: Visitation Valley Community Center (VCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitation Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

VOLUNTEERS WANTED for VCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VCC After School coordinator (415) 585-2059.

Crossword Puzzle Solution

A	B	C	S	M	A	P	O	W	L
B	E	E	T	A	W	A	Y	H	A
S	E	R	A	N	O	N	S	E	
A	B	I	E	L	T	R	E	I	T
H	A	S	L	E	T	H	E	N	
E	N	T	E	R	D	A	R	O	B
A	S	E	L	A	B	A	I	I	
L	A	S	B	O	B	W	A	S	T
K	E	A	D	O	G	G	E	D	
A	C	E	A	J	O	K	E	R	
D	R	E	A	D	F	U	L	N	A
N	A	B	L	O	B	O	C	T	A
A	B	U	E	G	E	R	R	E	A

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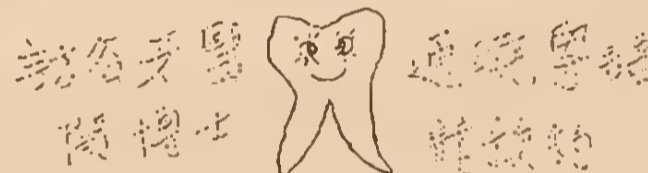
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Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

*On July 26 at 3:36 p.m., officers went to the 100 block of Santos and arrested a drunken trespasser who had broken a window and climbed into a bed. When the suspect arrived at Ingleside Station, he spit on an officer. The suspect, who has no permanent local address, was arrested on numerous charges. At 6:30 p.m., officers went to the first block of Castillo and arrested a man for domestic violence who had struck his girlfriend about the head. At 6:35 p.m., officers went to an address on the 100 block of Britton and arrested a resident there who had failed to register as a sex offender as required by law. At 7:30 p.m., officers went to an address on the 100 block of Leland and arrested a resident for threats and malicious mischief after a domestic dispute.

*On July 27 at 1:14 p.m., officers at Bayshore and Arleta responded to a report that a man had confronted a bus driver on a bus with a knife. When they arrived, the driver stated that a suspect, who had threatened him in the past, had taken a knife and waved it at him. The officers located the suspect nearby, who has no permanent local address, and arrested him for felony assault and brandishing as well as a misdemeanor warrant. At 8:30 p.m., an officer stopped a vehicle at Sunnydale and Garrison for an equipment violation. The driver, who lives on Garrison, was driving with a suspended license. She was cited and her 1996 Mazda was towed.

*On July 28 at 10:54 a.m., officers on the 500 block of Argonaut assisted a parole agent in arresting a local resident on a parole violation. At 1:43 p.m., officers stopped a driver at Sunnydale and Melra for a stop sign and equipment violation. The driver, who had no identification, no driver license issued and who had been stopped for the same thing recently, and lives on the 2000 block of Alemany, was arrested. His 1997 GMC was towed.

*On July 29 at 12:50 p.m. on the 2400 block of Bayshore, a security guard called the police stating that a person had entered a large commercial building through a window. Officers and a police sergeant responded. Officers captured the suspect on the roof of the building. The suspect had copper pipes from the premises in his possession and admitted to entering the building. The suspect, who has no permanent local address, has prior arrests for burglary and was booked for burglary.

*On July 30 at 9:30 a.m., officers stopped a vehicle at Leland and Schwerin for a registration violation. The driver, who lives on the 1900 block of Jennings, was driving with a suspended license, was uninsured, had four arrest warrants for the same thing as well as another arrest warrant for threats and domestic violence. His 1991 Honda was towed. At 5 p.m., officers went to the first block of Blythdale and arrested a suspect as he was attempting to leave after he had struck his girlfriend and broken her window. He was arrested on two charges. At 9:53 p.m., officers responded to Wilde and Brussels on a woman screaming for help. They found the woman and observed her boyfriend kneeling down beside her. A witness advised the officers that the boyfriend had struck the victim numerous times in the face. The resident of the 1300 block of Brussels was arrested for domestic violence.

*On July 31 at 5:30 p.m. on the 100 block of Loehr St., an officer and a police sergeant observed a speeding vehicle driving recklessly and going through multiple stop signs. They finally stopped the vehicle and cited a resident of Kamille Court for reckless driving and being unlicensed. His 1987 Nissan was towed.

*On Aug. 1 at 7:48 a.m. at Wilde and Brussels, a suspect in a speeding vehicle went through a stop sign and then struck another car. The suspect took off, leaving an injured person in the vehicle that he hit. Numerous officers came to the scene with officers determining that the suspect vehicle's license plate was imbedded in the grill area of the victim vehicle. Officers

scoured the area for the vehicle and found the vehicle with the suspect driver pulling into a parking space on Delta. They detained the suspect and conducted a thorough investigation linking him to the hit and run. The suspect, who lives on the 800 block of Innes, was arrested for driving under the influence of drugs, hit and run with injury, possession of marijuana and a parole violation. At 4:35 p.m., officers went to an address on the 100 block of Leland where a sister was trespassing in violation of a stayaway order. The officers arrested the sister, who has no permanent local address.

*On Aug. 2 at 8:31 p.m. on the 200 block of Blythdale, an officer and police sergeant were checking housing units at the request of the San Francisco Housing Authority. They found a squatter in one unit who was in possession of suspected crack cocaine and paraphernalia. The squatter was arrested. In addition, another person, who lives on the first block of Brookdale, was cited for trespassing.

*On Aug. 4 at 4:35 a.m. on the 100 block of Blythdale, multiple Ingleside officers responded to the Sunnydale area on reports of shots being fired. The officers did not locate any victims but a number of loitering suspects fled into the night. An officer checked garbage cans in the area and found two assault rifles. He also found a .9mm pistol under a manhole cover. Another officer found numerous spent casings. At 11:43 p.m., an officer went to an address on the 1100 block of Sunnydale where a local resident was throwing rocks at a door and committing other acts of vandalism. He was cited for malicious mischief. *On Aug. 5 at 12:50 a.m. on the 100 block of Britton, officers went to a domestic dispute and arrested one of the protagonists, who lives in the house, with terrorist threats, for threatening to kill a family member. At 6:49 p.m. on the first block of Hahn, officers observed a suspicious person tugging on a lock to a gate. When the officers investigated, they determined that the suspect did not live in the area, and in fact had no permanent local address. The suspect gave varying names in an attempt to obfuscate his identity. The officers finally determined his real name and found that he had a no bail parole warrant as well as being in possession of narcotics paraphernalia. At 10:33 p.m., an officer stopped a vehicle at Geneva and Calgary for an equipment violation. The driver, who lives on the 400 block of Sunrise, was unlicensed. He was cited and his 1999 Ford was towed.

*On Aug. 6 at 3:10 p.m., an officer stopped a vehicle at Rey and Sunnydale for a stop sign violation. The driver, who lives on the 1000 block of Fitzgerald, was driving with a suspended license. She was cited and her 1991 Nissan was towed. At 6:24 p.m. an officer stopped a vehicle at Sunnydale and Rey for a stop sign violation. The driver, who lives on the 1000 block of Mission, was unlicensed. She was cited and her 2001 Honda was towed.

*On Aug. 8 at 3:25 p.m., an officer stopped a vehicle at Sunnydale and Rutland for a stop sign violation. The driver, who lives on the 100 block of Northridge, was driving with a suspended license and was uninsured. He was cited and his 2001 Kia was towed. At 8:50 p.m., a police sergeant stopped a vehicle at Garrison and Argonaut for a license plate violation. The driver, who lives on the first block of McCarthy, was unlicensed and uninsured. He was cited and his 1989 Jeep was towed.

*On Aug. 9 at 3:03 p.m., an officer stopped a vehicle at Sunnydale and Schwerin for an equipment violation. The driver, who lives on Towerside, was unlicensed. He was cited and his 1996 Toyota was towed. At 5:30 p.m., an officer stopped a vehicle at Blythdale and Santos for an equipment violation. The driver, who lives on the 200 block of Holloway, was driving with a suspended license. She was cited and her 1993 BMW was towed. At 8 p.m., officers went to the 200 block of Blythdale and encountered a 16 year-old who was beyond

parental control, throwing things throughout the residence and showing pornographic movies to an 8 year-old relative. The officers arrested the subject and took him to the Youth Guidance Center. At 8 p.m., an officer stopped a vehicle at Kellogg and Schwerin for an equipment violation. The driver, who lives on the first block of Santos, was driving with a suspended license. He was cited and his 1998 Toyota was towed.

*On Aug. 11 at 3:44 a.m., officers responded to the area of Sunnydale and Santos on a report of a man with a gun. Numerous other Ingleside officers responded as backup. The officers started walking through the "cuts," areas between housing units, looking for the suspect. They observed a suspect matching the description of the man with a gun. When the suspect saw the officers, he took off running full speed towards Blythdale all the while appearing to conceal something. The officers chased the suspect and found him hiding behind a chain link fence, still appearing to conceal something. The suspect was recognized by the officers as a notorious member of the "Down Da Hill Gang". At his feet was a loaded .32 caliber handgun. The weapon was stolen from Oakley, California. The suspect, who resides on the first block of Santos, and has prior arrests for firearms violations, robbery, auto theft and is on probation from San Mateo County, was arrested on weapons and probation charges. At 4:35 p.m., officers stopped a vehicle for a license plate violation at Sunnydale and Hahn. There were multiple occupants in the car who were on probation. A probation search revealed an air gun under the seat. A resident of Daly City was cited.

*On Aug. 12 at 4:28 p.m., a Gang Task Force sergeant and officers spotted a juvenile fugitive on the 1800 block of Sunnydale. The resident of the 1500 block of Palou was arrested on a no bail juvenile detention warrant. At 6 p.m., an officer stopped a vehicle on the 1600 block of Sunnydale for a registration violation. The driver, who lives on the 100 block of 27th Street, was driving with a suspended license. He was cited and his 1995 Nissan was towed.

*On Aug. 13 at 3:01 p.m. on the 1900 block of Sunnydale, officers observed a vehicle being driven suspiciously. They stopped the driver and found that the vehicle was stolen. The driver stated that her brother gave her the vehicle, but the officers determined that that was a lie, and that, in fact, the vehicle had been stolen from the 400 block of 28th avenue, where the victim had left the key in the ignition. The resident of the 1600 block of Sunnydale was arrested for auto theft. At 6:46 p.m., officers went to the 200 block of Alpha where a boyfriend had slammed his girlfriend against a garage door causing an injury to her head. The officers located the suspect at Peabody and Visitacion and arrested the resident of the first block of Cortland for assault.

*On Aug. 14 at 12:05 a.m., an officer stopped a vehicle at Hahn and Sunnydale for an equipment violation. The driver, who lives in Modesto, was driving with a suspended license. She was cited and her 1999 Volkswagen was towed. At 8 a.m., an officer stopped a vehicle at Rutland and Visitacion for a license plate violation. The driver, who lives on the 600 block of Natoma, was driving with a suspended license. He was cited and his 1996 Plymouth was towed. At 4:30 p.m. on the 200 block of Rey, officers arrested a resident of South San Francisco for domestic violence after a fight in the street at Rey and Garrison.

Police Summaries

*July 12 10 p.m., Delta St. and Visitacion Ave., robbery, strongarm, pursesnatch
*July 12 First block of Alpha St., vandalism, neighbor dispute
*July 12 First block of Alpha St., threats
*July 12 800 block of Colby St., stayaway order violation.
*July 12 First block of Hahn St., vandalism to vehicle.
*July 12 100 block of Santos St., mental detention, 23 year-old female
*July 12 277 Santos St., stolen 1986 Honda
*July 13 200 block of Argonaut Ave., detention and release.

*July 13 Arleta Ave. and Rutland St., suspicious persons ringing doorbells.
*July 13 100 block of Blythdale Ave., malicious mischief.
*July 13 100 block of Blythdale Ave., firecrackers in mail slot.
*July 14 4:30 p.m., 100 block of Argonaut Ave., multiple shots fired, no injuries reported
*July 14 11:54 p.m., Santos St. and Geneva Ave., robbery, multiple suspects in black car, shot fired into leg of victim.
*July 14 300 block of Leland Ave., domestic violence.
*July 15 10:30 a.m.-3:07 p.m., 1700 block of Sunnydale Ave., burglary, window, household goods taken.
*July 15 4:07 p.m., 1400 block of Sunnydale Ave., shots fired, officers chase suspects, weapon located, no arrest made, pending
*July 15 100 block of Blythdale Ave., threats, malicious mischief
*July 15 First block of Santos St., threats.
*July 16 First block of Blythdale Ave., threats, suspect with gun.
*July 16 300 block of Leland Ave., threatening phone calls.
*July 17 7 p.m., First block of Britton St., robbery, two suspects, grabbed cell phone
*July 17 Bayshore Blvd., stolen dog, taken by suspect in black Dodge pickup.
*July 17 First block of Delta St., turned in .22 caliber firearm.
*July 17 First block of Kellogg Ave., breaking windows, vandalism.
*July 17 200 block of Schwerin St., malicious mischief, suspect known
*July 18 9 a.m.-5:20 p.m., 1700 block of Sunnydale Ave., burglary, door, money
*July 18 10:30 a.m.-2:10 p.m., 100 block of Britton St., burglary, back door, money
*July 18 1:25 p.m., Sunnydale Ave. and Bayshore Blvd., robbery, strongarm, three suspects
*July 18 6 p.m., Rutland and Teddy Ave., attempted robbery, three suspects strike victim and flee
*July 18 6:37 p.m., Sunnydale Ave. and Santos St., robbery, strongarm, on Muni bus
*July 18 7:25 p.m., First block of Raymond Ave., attempted robbery, three suspects, victim fights them off
*July 18 9:25 p.m., 200 block of Arleta Ave., attempted robbery, gun, victim screams, suspects run away
*July 18 9:30 p.m., 100 block of Britton St., attempted robbery, three suspects, victim screams and suspects run away
*July 18 11:17 p.m., 300 block of Wilde Ave., robbery, black gun, one suspect, took money.
*July 18 First block of Garrison Ave., death, 63 year-old man
*July 18 First block of Kellogg Ave., breaking windows.
*July 18 500 block of Sawyer St., threatening phone calls.
*July 18 400 block of Sunrise Ave., stayaway order violation.
*July 19 8 a.m.-1 p.m., 1700 block of Sunnydale Ave., burglary, window, computer.
*July 19 Brookdale and Blythdale Aves., union dispute
*July 19 First block of Kellogg Ave., malicious mischief.
*July 19 Rutland St. and Raymond Ave., assault.
*July 19 1900 block of Sunnydale Ave., theft from locked vehicle.
*July 20 2500 block of Bayshore Blvd., fraud, suspect known.
*July 20 200 block of Rey St., battery, suspect known.
*July 21 8 a.m.-6:40 p.m., 100 block of Garrison Ave., burglar, door, laptop.
*July 21 12:30 p.m., 300 block of Arleta Ave., suicide, 23 year-old man hangs himself after being despondent over relationship.
*July 21 First block of Blythdale Ave., false vehicle registration
*July 22 11 a.m.-3 p.m., 100 block of Britton St., burglary, window, DVD player.
*July 22 12 noon, Campbell Ave. and Rutland St., attempted robbery with gun, victim fights off three suspects.
*July 22 100 block of Blythdale Ave., animal cruelty, killing of kitten, suspect known
*July 22 200 block of Rey St., threats
*July 22 400 block of Sunrise Ave., mental detention, 56 year-old female.
*July 22 300 block of Wilde Ave., theft from locked vehicle.
*July 23 5 p.m., Delta St. and Teddy Ave., robbery, pursesnatch, one suspect.
*July 23 5:10 p.m., Sunnydale Ave. and Hahn St., robbery, force, four suspects, middle-aged victim.
*July 23 10:47 p.m., 100 block of Blythdale Ave., homicide on sidewalk, multiple shots to back
*July 23 First block of Blythdale Ave., theft from vehicle.
*July 23 200 block of Harkness Ave., found 15 year-old boy
*July 23 100 block of Loehr St., fire in residence
*July 23 230 Rey St., found 1977 Cadillac
*July 23 First block of Santos St., missing 19 year-old man
*July 24 500 block of Argonaut Ave., false personation.
*July 24 100 block of Blythdale Ave., detention and release
*July 24 1200 block of Sunnydale Ave., shell casings from shooting found.
*July 24 1971 Sunnydale Ave., found 1997 Honda.
*July 25 Mansell and San Bruno Ave., suspicious occurrence.
*July 25 100 block of Rey St., malicious mischief, suspect known
*July 25 100 block of Santos St., malicious mischief, suspect known.
*July 25 1900 block of Sunnydale Ave., harassing phone calls
*July 26 4:15 p.m., Delta St. and Arleta Ave., robbery, grabbed backpack.
*July 26 220 Blythdale Ave., stolen 2002 Cadillac.
*July 27 100 block of Britton St., missing 16 year-

VISTACION VALLEY GRAPEVINE - SEPTEMBER 2007 - 11
old girl.
*July 27 200 block of Raymond Ave., medical dispute
*July 28 11:25 a.m.-5:45 p.m., First block of Brookdale Ave., burglary, window, household items taken.
*July 28 52 Blythdale Ave., found 1988 Acura
*July 28 900 block of Goettingen St., threats, hate crime, suspect known.
*July 29 1:45 p.m., 1600 block of Visitacion Ave., robbery, female victim in garage to take car seat from car for her granddaughter, suspect enters garage and strikes her repeatedly and fights with her for her wallet and escapes with wallet
*July 29 10:50 p.m., 400 block of Sawyer St., robbery, two suspects, one with gun, take money
*July 29 25 Blythdale Ave., stolen 1985 Kia
*July 29 First block of Brookdale Ave., vandalism to vehicle.
*July 29 840 Mansell St., stolen 1989 Acura
*July 29 First block of Santos St., domestic violence.
*July 29 1500 block of Sunnydale Ave., shots fired
*July 29 1800 block of Sunnydale Ave., theft from locked vehicle.
*July 30 100 block of Britton St., burglary, rear door, laptop
*July 30 1-2 p.m., 1800 block of Sunnydale Ave., burglary, back door, television.
*July 30 200 block of Hahn St., battery, suspect known.
*July 31 Bacon St. and San Bruno Ave., found 16 year-old girl.
*July 31 170 Hahn St., stolen 1995 Jeep.
*July 31 400 Mansell St., stolen cell phone.
*July 31 400 Rutland St., found 1996 Honda.
*Aug. 1 3:30-5 p.m., First block of Blythdale Ave., burglary, kitchen window, cell phone taken.
*Aug. 1 378 Harkness Ave., found 1983 Dodge
*Aug. 1 400 block of Schwerin St., false vehicle registration
*Aug. 1 1500 block of Sunnydale Ave., restraining order violation.
*Aug. 2 10:10 a.m., 200 block of Teddy Ave., robbery, two suspects, pursesnatch.
*Aug. 2 12 noon, 100 block of Loehr St., homicide, driveby, multiple shots to 29 year-old victim, vehicle used was recovered on Sunnydale Ave.
*Aug. 2 1600 block of Sunnydale Ave., bullet into window
*Aug. 3 4:45 a.m., 100 block of Hahn St., robbery, home invasion, two suspects with guns, take money and cell phones.
*Aug. 3 1200 block of Sunnydale Ave., medical assist.
*Aug. 3 1600 block of Sunnydale Ave., shot fired into window
*Aug. 3 161 Talbert St., stolen 2002 Subaru
*Aug. 3 399 Ward St., found 1996 Acura
*Aug. 4 First block of Towerside Ave., assault, family member.
*Aug. 4 First block of Towerside Ave., assault, family member.
*Aug. 5 2 a.m., 100 block of Blythdale Ave., assault with knife, stabbed in chest and arm, stable condition, when queried by police officer, victim said "don't waste your time, go away"
*Aug. 5 974 Goettingen St., found license plate.
*Aug. 5 1500 block of Sillman St., battery, suspect known.
*Aug. 6 5:05 p.m., Hahn St. and Sunnydale Ave., attempted robbery, two suspects beat victim and knock him to the ground, he refuses to give up money
*Aug. 6 7:45-11:50 p.m., First block of Leland Ave., burglary, store, front door, money
*Aug. 6 11 p.m., Girard and Bacon Sts., threats, vehicle driven close to victim, suspect known.
*Aug. 6 286 Hahn St., found 1991 Toyota
*Aug. 6 Sunnydale Ave. and Schwerin St., malicious mischief, battery.
*Aug. 6 112 Tucker Ave., stolen license plate.
*Aug. 7 4:28 p.m., 1450 Sunnydale Ave., shooting, 17 year-old shot in legs, suspects escape in red car
*Aug. 7 10:30 p.m., 1400 block of Sunnydale Ave., bullets in walls
*Aug. 7 100 block of Cora St., missing 46 year-old man.
*Aug. 7 100 block of Delta St., theft from locked vehicle.
*Aug. 7 200 block of Rey St., theft, wallet, suspect known.
*Aug. 7 200 block of Schwerin St., missing 14 year-old girl.
*Aug. 7 1601 Sillman St., found 1995 Honda
*Aug. 8 166 Delta St., stolen license plate
*Aug. 8 Olmstead and Bowdoin Sts., found 1989 Jeep.
*Aug. 8 600 Sawyer St., found 1995 Honda
*Aug. 8 1925 Sunnydale Ave., found 1990 Honda
*Aug. 8 400 block of Sunrise Ave., vandalism to vehicle.
*Aug. 9 100 block of University St., found 1992 Nissan.
*Aug. 10 154 Cambridge St., stolen license plate.
*Aug. 10 100 block of Loehr St., trespassing, four suspects
*Aug. 11 2200 Bayshore Blvd., battery
*Aug. 11 500 block of Sawyer St., detention and release.
*Aug. 11 600 block of Visitacion Ave., vandalism to vehicle.
*Aug. 12 500 block of Sunnydale Ave., malicious mischief, BB gun shots
*Apr. 13 100 block of Loehr St., found 1989 Toyota
*Apr. 13 Mansell St. and Visitacion Ave., found baseball bat with blood stain.
*Apr. 13 100 block of Tucker Ave., missing 14 year-old boy
*Apr. 14 2100 block of Bayshore Blvd., found ammunition holder, gunpowder
*Apr. 14 600 block of Rutland St., stayaway order violation.
*Apr. 15 6:30 a.m.-7 p.m., 400 block of Argonaut Ave., burglary, jewelry
*Apr. 15 12 noon, Velasco and Argonaut Aves., robbery, pursesnatch.
*Apr. 15 50 Cambridge St., found 1995 Honda
*Apr. 15 100 block of Loehr St., battery
*Apr. 15 100 block of Peabody St., attempted stolen vehicle
*Apr. 15 1511 Sunnydale Ave., stolen 1988 Toyota

Grapevine Puzzler S.F. Police Chiefs

C R O W L E Y V B N L L I R K C O C S E
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S E O R S Q U I N N A D O G H J K L S I
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M U R P H Y G J K L K K J N A D R O I R

Fallon	Kirpatrick	Martin	Gaffey	Jordan
Sequine	Crowley	Seymour	Healy	Casey
McKenzie	Lees	White	Ahern	Hongisto
Curtis	Sullivan	O'Brien	Cahill	Ribera
Burke	Wittman	Quinn	Nelder	Lau
Crowley	Dinan	Dullea	Scott	Sanders
Cockrill	Biggy	Riordan	Gain	Fagan
Ellis	Cook	Mitchell	Murphy	Fong

Historic Proportions

1879

Match clues to answers.

1. He opened his first store on Feb. 22 in Utica, New York.
2. Germany formed Dual Alliance with this country on Oct. 7.
3. This was created on Mar. 3.
4. Discovery of this was announced Feb. 27.
5. Russia and the United Kingdom signed this on May 26 to establish an Afghan state.
6. Central part of this rail bridge collapsed on Dec. 28 in Dundee, Scotland, killing 75.

As a Matter of Fact

*The first newspaper cartoon, a political caricature, appeared in a Washington paper, the Federal Republican, early in 1814.

*Our solar system is located about 30,000 light years from the center of the galaxy.

*In old Germany, it was believed that a magical being with a white dress, large feet and an iron nose gently rocks crying infants to sleep when no one else will.

*The Doctrine of Signatures was an ancient belief that plants, by the shape or form of their parts, indicated to man their medicinal uses.

*If you coat baked potatoes with vegetable oil before you pop them in the oven, they'll come out a beautiful golden brown.

*Welterweights are boxers between 141 and 147 pounds.

*Many people believe the more you sleep before midnight, the better looking you'll be.

*In ancient times, people believed it unlucky to set the left foot on the ground first on getting out of bed.

*Besides being a monarch and ruler of the empire, Queen Victoria was also the mother of nine children and filled 110 albums with family photographs.

*A single fiber-optic cable can carry as many as 4,000 telephone conversations as well as several television signals.

*An earthworm has five pairs of hearts in the front part of its body. The hearts help to circulate the worm's blood.

*The word telegraph comes from the greek word tele, which means "afar" and graphein, meaning "to write."

7. Tornado struck here on May 30, killing 18 and injuring 60.

8. Conflict began on Jan. 11.

9. First artificial ice rink in North America opened here on Feb. 12.

10. Beginning of war between oint forces of Peru and Bolivia on Feb. 14 against this country.

11. The Greenback was valued the same as Gold on Jan. 1 for the first time since the Civil War.

12. He demonstrated incandescent lighting to the public for the first time on Dec. 31.

A. Treaty of Gandamak

B. Anglo-Zulu War

C. Tay

D. Madison Square Garden

E. Frank Woolworth

F. Specie Resumption Act

G. Saccharin

H. U.S. Geological Survey

I. Chile

J. Thomas Edison

K. Austria-Hungary

L. Irving, Kansas

ANSWERS: 1-E, 2-K, 3-A, 4-C, 5-A, 6-C, 7-L, 8-B, 9-D, 10-I, 11-F, 12-J.

Sez Who?

Match quotes to speakers.

1. "There never was a good war or a bad peace."

2. "Great ideas need a landing gear as well as wings."

3. "If you want to make your dream come true, the first thing you have to do is wake up."

4. "We learn from experience that men never learn anything from experience."

5. "Life be not so shortbut that there is always time for courtesy."

6. "Live in such a way that you would not be ashamed to sell your parrot to the town gossip."

7. "If man could be crossed with the cat, it would improve man but it would deteriorate the cat."

8. "If you can dream it, you can do it."

9. "A man does not have to be an angel in order to be a saint."

A. C.D. Jackson

B. George Bernard Shaw

C. Albert Schweitzer

D. Will Rogers

E. Benjamin Franklin

F. Walt Disney

G. J.M. Power

H. Mark Twain

I. Ralph Waldo Emerson

Baby Boomers

by Rix Quinn

Cereal Box Tops

What's really important in a Boomer's life? In the 1950s and 1960s, it was the cereal box top. Huh?

Yes, the box top was the proof that you'd purchased a certain cereal brand. If you had enough of the right kind, you could send them in to the company, and receive a neat prize.

That prize might be a toy, a doll, or a little book. My favorite was a secret decoder ring. Using the ring, you could interpret "secret messages" left for you on certain kids' shows.

Sure, sometimes the message was just "eat your vegetables." But hey, it was a message only for decoder ring wearers. Is that cool, or what?

Boomer Time Period

I was born in November 1964 and am barely a text book Baby Boomer. Who and what determined the time period that distinguishes this? - Victoria Damiani, Ohio

Victoria, the Baby Boomer generation has been described as those born between 1946 and 1964. Those children born between 1955 and 1964 are also called "Generation Jones" to distinguish them from the early Boomers and Generation X, which immediately followed them.

Now, here's a personal opinion: many of those born in 1955-1964 are the younger children of the Greatest Generation, born 1911-1924.

Most Boomers share growing up in the age of television.

School Lunches

One common subject Boomers discuss is school lunches. Back in the 1950s and 1960s, several Boomers recall school food as "really good, especially in elementary school."

One older Boomer says he remembers lunch at his elementary school "cost 37 cents. That included one meat, two vegetables, a fluffy roll, and a choice of drinks."

"We could get a carton of plain milk - this was before the 2 percent or fat-free - or a carton of chocolate milk, or a sweet liquid non-carbonated orange drink," he said.

And, most children either bought lunch at school or brought it from home in a paper bag or lunch box.

Lunch boxes have come a long way from the metal containers we Boomers took to school. But you gotta admit it...we had some cool lunch pails!

If Boomers didn't buy their lunch from the school cafeteria, they had two other options: (1) bring the lunch in a paper sack, and buy their drink in the cafeteria, or (2) bring a lunch box, which came with a thermal bottle to hold the liquid refreshment brought from home.

Each fall on the first day of school, we checked out our friends' new lunch boxes. Most carried the faces of TV action heroes or cartoon characters. Today, if you've held onto those old lunch boxes, they might fetch you a lot of money with collectors.

But thus far, I haven't talk to a single friend who kept his. Personally, I quit taking mine to work when I turned 31.

Grapevine Five Years Ago

September 2002

*Both Visitation Valley Elementary School and Middle School exceeded their growth goals in all areas of the State API Testing and received awards.

*Visitation Valley planned its fifth annual *Neighborhood Day* on Sept. 28 at Herz Playground.

*Paul K. Chu, son of Visitation Valley residents Joseph and Diana Chu, received a Doctor of Dental Surgery degree from the University of the Pacific (UOP) School of Dentistry during commencement exercises held at the Nob Hill Masonic Center in San Francisco.

Television

What types of television shows did Baby Boomers watch most? Wow, that's a hard question, because Boomers were born over a long period, between 1946 and 1964.

To find an answer, we decided to pick a year when most Boomers were alive, and when those born in the middle of the Boom (1954) would vividly recall TV. The year we selected was 1960.

During that year, four of the top 20 shows - including first-ranked "Gunsmoke" - were westerns. Five were situation comedies. Three were variety shows, which each showcased a number of performers.

And one of the top game shows - "The Price Is Right" - is still very popular today.

Music

Next to television, the two elec-

Buying, Storing and Preparing Produce

The Food and Drug Administration (FDA) would like to remind you that fruits and vegetables are an important part of a healthy diet. Like any other food, it is important to handle fresh produce safely to prevent illness. Use these tips:

Buying Tips

*When selecting fresh-cut produce, choose only those items that are refrigerated or surrounded by ice.

*Bag fresh fruits and vegetables separately from meat, poultry and seafood when packing them to take home.

Storage Tips

*Store certain perishable fresh fruits and vegetables (like strawberries, lettuce, herbs and mushrooms) in a clean refrigerator at a temperature of 40 degrees F. or below.

*All produce that is purchased precut or peeled should be refrigerated.

Preparation and Handling Tips

*Wash your hands for 20 seconds

tronic devices that probably influenced Boomers most were the record player and the transistor radio. And frequently, both broadcast the same sounds.

The transistor radio provided a portable listening device that Boomers could carry anywhere...to a beach, to a picnic, or on any kind of outing. The transistor radio ran on batteries, and received music from multiple stations. Many AM and FM stations of the '50s, '60s and '70s carried "Top 40" music hits.

Boomers listened to the radio, heard songs they loved, then went to record stores to buy hit singles or albums. They brought those records home to play on their hi-fis, stereos, or record players.

Rix Quinn - who wrote the book on short writing "Words That Stick" - invites your Baby Boomer questions to rxquinn@cherter.net

with warm water and soap before and after preparing fresh produce.

*Cut away any damaged or bruised areas on fresh fruits before preparing or eating. If it looks rotten, it should be discarded.

*All produce should be thoroughly washed before eating. Wash fruits and vegetables under running water just before eating, cutting or cooking.

*Even if you plan to peel the produce before eating it, it is still important to wash it first.

*Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

*Many precut, bagged produce items such as lettuce are prewashed. If so, it will be stated on the packaging. This prewashed, bagged produce can be used without further washing. For more information on handling fresh produce, visit the FDA Food Safety Website at <http://www.cfsan.fda.gov/~dms/prodsafe.html>

NAPS

Festive Extravaganza at the San Francisco Zoo

The San Francisco Zoo and presenting sponsor Univision Radio will host the Zoo's annual Latino Heritage Celebración, a festive and fun-filled extravaganza celebrating Latino music, dance, culture, crafts and food on Sept. 22 and 23 from 10 a.m. to 5 p.m., free with regular zoo admission.

Guests can observe many of the Zoo's animals celebrating this

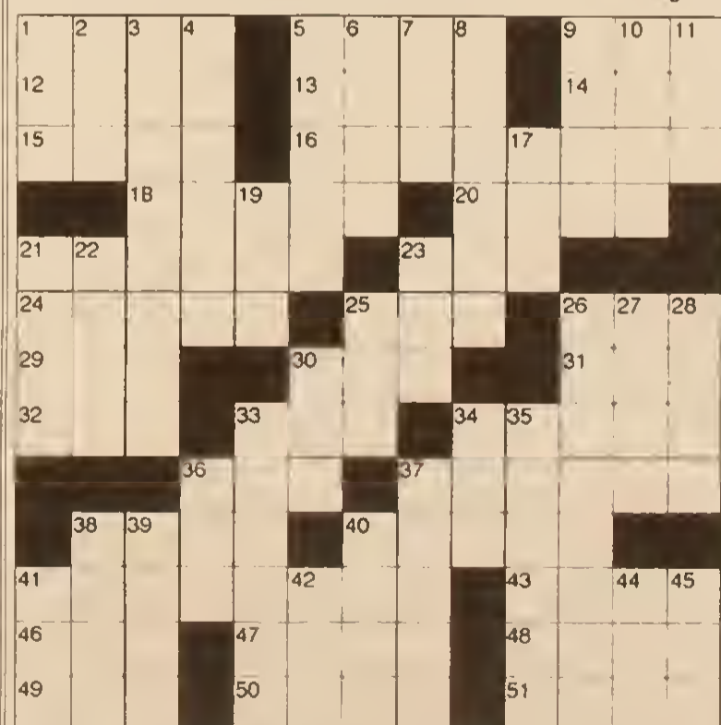
family-fun weekend with piñatas filled with their favorite treats.

Feature entertainment will include children's recording artist Jose-Luis Orozco, magician Chiquy Boom and dance group Ballet Folklórico Infantil de South San Francisco.

There will be special keeper talks in Spanish and English at different animal exhibits.

Crossword Puzzle

Solution on Page 10



ACROSS

- 1 First principles
- 5 Small goby
- 9 Bird
- 12 Vegetable
- 13 Hence
- 14 Yellow Sea arm
- 15 Evening (Ital.)
- 16 Bosh
- 18 Grandfather of Saul
- 20 Weight allowance
- 21 Hog's guts
- 23 Biddy
- 24 Gegin
- 25 Daughters of the American Revolution (abbr.)
- 26 Double (abbr.)

DOWN

- 3 Science class
- 31 3 (Rom. numeral) (abbr.)
- 32 Sp. article
- 33 Fishing line cork
- 34 Desolate
- 36 Bird
- 37 Headstrong
- 38 Scientific name (suff.)
- 40 Card
- 41 Dire
- 43 Freshwater worm
- 46 Grab
- 47 Gray wolf
- 48 Eight (pref.)
- 49 Father: Arabic (abbr.)
- 50 Elbe tributary
- 51 Interpret

DOWN

- 1 Able-bodied seaman (abbr.)
- 2 Stinging insect
- 3 Horned viper
- 4 Firm
- 5 Fr. artist
- 6 Absent without leave (abbr.)
- 7 Son of Hermes
- 8 Edible shellfish
- 9 Without (Ger.)
- 10 Old-style verb
- 11 Tall tale
- 17 Sea eagle
- 19 Comparative ending
- 21 Cure
- 22 Handle
- 23 Habakkuk (abbr.)

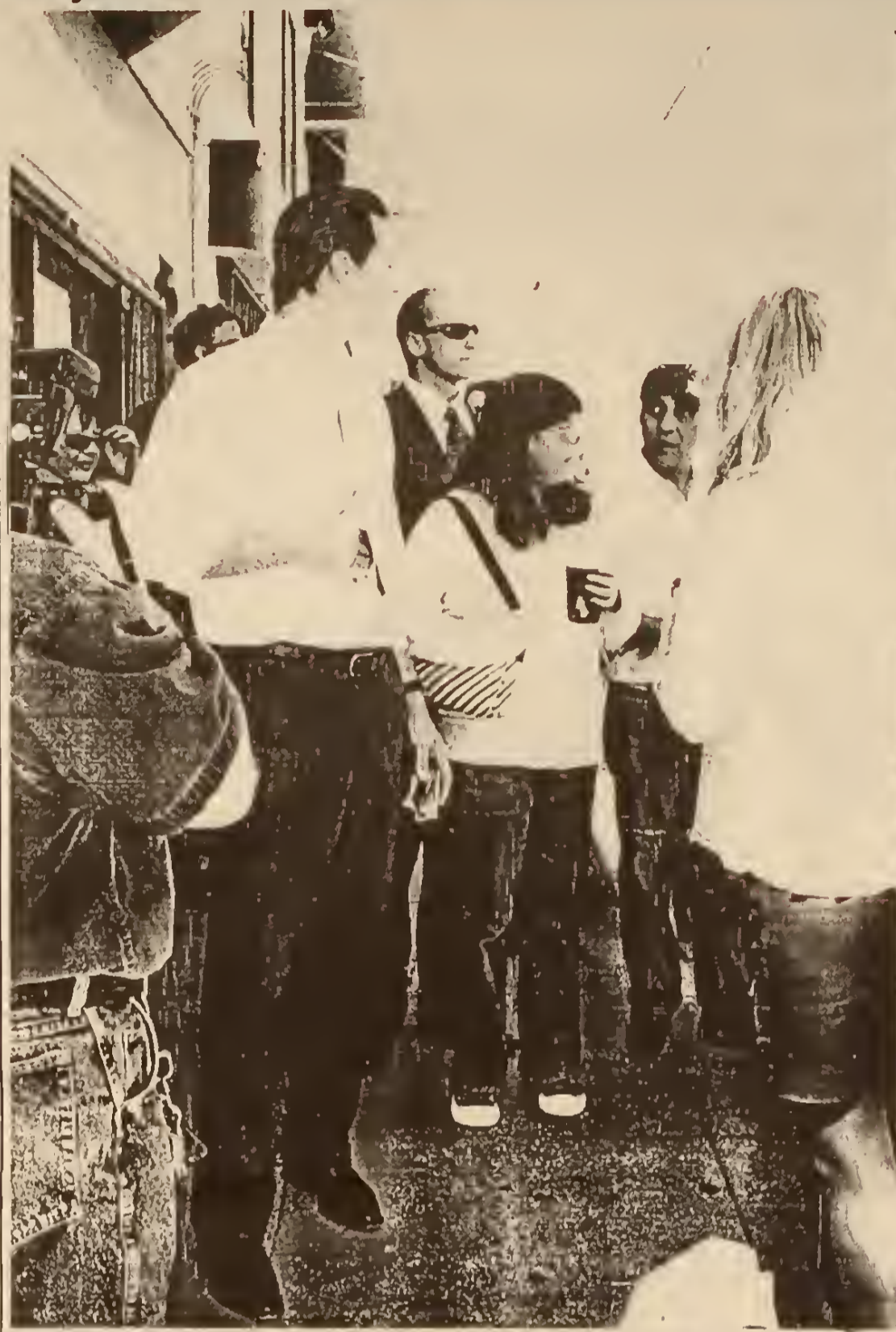
DOWN

- 25 Drop
- 26 Shame
- 27 Chew
- 28 Song (Ger.)
- 30 Afr. eye-worm
- 33 Church officer
- 34 Cooking vessel
- 35 Trojan hero
- 36 Cycloides island
- 37 Sorrow
- 38 Aeabic (abbr.)
- 39 Phil. Island
- 40 Rood screen
- 41 Genetic letters
- 42 Daze
- 44 Thus (Lat.)
- 45 Arabic letter

Sump, the Gump



Mayor Newsom Meets with the Merchants and Residents of Visitation Valley



After bringing great news on Aug. 23 of grants totaling \$4.1 million for improvements to Leland Avenue, Mayor Gavin Newsom spent some time visiting some of the merchants along Visitation Valley's commercial district, an overall wonderful day for the neighborhood. Visitation Valley Business Opportunities and Outreach to Merchants (VVBOOM) thanks the community members and merchants involved in this event and looks forward in continuing to help the Leland Avenue commercial corridor grow! More pictures can be seen at www.myspace.com/vvboom

Photos by Crezia Tano

Do's And Don'ts for Finding the Right Real Estate Agent When Buying or Selling a Home

Many Americans are thinking about moving, for any number of reasons—from seeking a home with more space to changing jobs. Buying or selling a home is likely one of the biggest financial transactions you will ever make and it can often be a complicated and time-consuming endeavor. If you enlist the help of a real estate professional, however, the process can be made considerably less stressful and much more enjoyable.

So what's the benefit of using a real estate agent? A full-service real estate agent can provide you with suggestions for getting your home ready for sale and information on

prices of comparable properties to help you establish an asking price. When it comes time to list your house, an agent can advertise and market your home and show it to prospective buyers. Once you have an interested buyer, a real estate agent can help you negotiate as well as make arrangements for the closing.

As you begin the process of buying or selling a home, look for a seasoned, knowledgeable real estate professional who understands local market conditions and has the specific experience to best meet your needs. With a little up-front research and some helpful hints from GMAC Real Estate ([http://](http://www.gmacrealestate.com)

www.gmacrealestate.com), you can be on your way to finding the best real estate agent for you and your family in practically no time:

***Don't:** Always go with the first real estate agent you meet. Take the time to interview several agents to understand which agent will best meet your needs. It may be that first one, it may not.

***Don't:** Let family members or friends "give it a go" at selling your home. While it can be nice to help a loved one or friend get a foot in the door and a commission, it is best to go with a real estate professional with experience and a proven track record in your marketplace.

***Don't:** Use part-time agents; those who practice real estate in their spare time. Real estate transactions are complex endeavors and you need agents who are committed to your transaction (and their careers) and who know the ins and outs of the process.

***Do:** Check with family and friends for the names of agents they would recommend.

***Do:** Find agents who specialize in your neighborhood and your specific type of home. Interview agents with experience that matches your needs and make sure to ask whether they have a comprehensive customer satisfaction plan in place. Find out what their customer satisfaction rating is and whether they will put in writing, up front, the services they will provide for you.

***Do:** Ask agents for a market analysis that lets you compare your house to others to ensure that the agent you choose has done his or her homework and fully understands

the nuances of your market.

***Do:** Ask each agent to share a list of past houses he or she has sold, including the list price and the price at which the house was sold. Also, ask for the average length of time it took to sell these houses as compared to the average length of time for other houses in your market.

***Do:** Carefully compare the proposed marketing plans for your home that each agent presents to you. How your home is marketed will play a central role in its sale. Be sure to pay extra attention to how

your property will be marketed online. Ask your agent how he or she plans to drive traffic to your home to generate multiple offers.

***Do:** Ask agents for references from their last three clients. If they hesitate, they are likely the wrong agent for you.

***Do:** Check for the personality "click factor" of your prospective agent. In addition to choosing the agent who offers the kind of experience you need to help you buy or sell a home, select someone whom you will enjoy working with. **NAPS**

Purple Heart Honors American Service

Exactly 225 years ago in August, General George Washington created a medal for his brave Colonial soldiers. With very little to work with, he had his wife Martha cut out some purple velvet and sew the word "MERIT" on the middle of the heart-shaped cloth. That was the birth of the Purple Heart medal.

Three soldiers received the Badge of Military Merit, as Washington called the award. The ceremony took place in Newburgh, N.Y. on August 7, 1782. On that day, General Washington wrote the following: "The road to glory in a patriot army and free country is thus open to all."

During the ensuing years, records were misplaced in the archives until General Douglas MacArthur revived the medal and had it redesigned. In a huge celebration on Washington's birthday, February 22, 1932, the newly designed Purple Heart was shown to the world.

With a bust of General Washington in gold surrounded by purple with a gold edge, the medal is one of the

most attractive in existence today. The Purple Heart is also the oldest military decoration in present use in the world. Over 1.5 million Americans have been awarded the medal. An estimated 500,000 wear it proudly today across America.

The Purple Heart is awarded to members of the armed forces who are wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin, in the name of those killed in action or who die of wounds received in action. It is specifically a combat decoration.

An organization known as the Military Order of the Purple Heart was formed in 1932 for the protection and mutual interest of all those who have received the decoration. Composed exclusively of Purple Heart recipients, it is the only veterans service organization composed strictly of combat-wounded veterans.

Over 39,000 members of the Military Order of the Purple Heart participate in Chapters scattered around the United States. **NAPS**

Tasty Delights You Won't Soon Forget



Raul Hernandez of Hernandez Taqueria & Bakery reminds everyone attending the Leland Avenue Street Fair on Sept. 9 that there's always something good cooking over at 98 Leland Ave. Don't forget to stop by for a hearty mid-day meal or call at (415) 587-7721.

1st Place 2 Start Childcare Center Takes a Dream Trip to Disneyland



Family, staff and friends of 1st Place 2 Start Childcare Center journeyed in August to Disneyland for two days and one night of fun-filled adventure. It all began in September, 2006 when the families and staff of 1st Place began a fundraising campaign to make a child's dream come true. More than \$5,000 was collected, and family, friends and staff now believe that "dreams do come true!" For more information regarding 1st Place 2 Start, please call (415) 333-2659.

Keeping Families Safe, Whatever the Weather May Be

When it comes to keeping children safe, parents often think of the usual safety items: sunscreen, seat belts, bike helmets and more.

However, experts caution that it is important to make sure families also have the right emergency supplies and an action plan in place should severe weather strike.

On average, the U.S. experiences 10,000 thunderstorms, 2,500 floods, 1,000 tornadoes and six deadly hurricanes each year, according to the National Oceanic and Atmospheric Administration (NOAA).

To help people prepare for weather-related and other types of emergencies, EMBARQ Corporation (NYSE: EQ) partnered with the nonprofit Home Safety Council® (HSC) to educate families about the importance of creating an emergency communication plan.

The groups created free wallet-sized emergency communication cards that include space to list important phone numbers and medical information. Each card comes in a small, sealable plastic bag to help protect it from water damage. The cards are available at EMBARQ retail stores (visit embarq.com/stores for a store in the area) and at www.embarq.com/severeweather.

"Creating an emergency communication plan is simple. First, families should discuss how they will communicate during an emergency and then record important plan information on their emergency communication cards," said Home Safety Council President Meri-K Appy. "Making sure every family member has this information at his or her fingertips can be a lifesaver if you're in different places when disaster strikes."

Communication, simple preparation and proper supplies are keys to staying safe and keeping in contact during severe weather threats.

"When an emergency occurs, the first thing people often reach for is a phone to call their loved ones. As a communication company, we can help people prepare, especially when staying connected by phone may be an individual's lifeline," said Harry Campbell, president of consumer markets at EMBARQ.

To prepare for emergencies, HSC strongly recommends having a corded landline phone, which is a phone that has a handset connected to the base of the phone by a cord.

"Corded landline phones will continue to operate if the power goes out at your home," said Appy. "It is often the most reliable source of communication in the case of an emergency." Try these additional safety tips:

*Compile a "Ready-to-Go kit" for when your family needs to leave your home and a "Ready-to-Stay kit" for when your family needs to stay inside your home for extended periods of time. Kits should contain water, canned food, can opener, flashlight, battery-powered radio, extra batteries, change of clothes and first-aid supplies.

*Designate a safe meeting location outside of your home and out of harm's way.

*Designate a safe place to stay in your home (away from windows) in case of severe weather.

*Plan and practice a home fire drill.

*Regularly test your smoke alarms.

*Teach your children how to use the phone to call for help.

*Be sure you have a corded landline phone in your home.

*Learn about the types of possible emergencies and how to respond to each.

*Update your cell phone with "In Case of Emergency" (ICE) contact information.

For more information and tips, visit embarq.com/severeweather.

New Technology Treats Cataracts and Turns Back the Clock on Your Vision

More than 20 million Americans older than 40 have cataracts and nearly 3 million people have cataract surgery in the United States annually. The American Academy of Ophthalmology wants Americans to know that because of technological advances, cataract surgery solves more vision problems than ever.

The good news for cataract patients is the result of the advances in Intraocular Lenses (IOLs), which are artificial lenses that replace the eye's natural lens. Though IOLs have been approved by the FDA for more than 20 years, technological breakthroughs mean that IOLs now offer the possibility of seeing well at more than one distance without the need for glasses or bifocals. More than 95 percent of cataract surgeries are performed without complications.

"Advanced IOL technologies have made cataract surgery one of the most successful procedures available for restoring patients' quality of life," said Wayne Bizer, DO, an ophthalmologist in Florida and clinical correspondent for the Academy. "Not only is the cloudiness that comes from cataracts gone after surgery, but patients often have better visual acuity than they have had in years."

In the past, IOLs were monofocal, meaning that they offered vision at only a single distance. The new technology lenses are multifocal, meaning that they can offer vision at multiple distances, or accommodating, meaning that they have the ability to move, thus focusing as the eye's natural lens did when you were younger.

What Is a Cataract?

A cataract is a gradual clouding of the clear lens in the eye, the part that focuses light and produces clear images. Cataracts form slowly and painlessly, but can eventually lead to blindness

in the most acute cases. Symptoms include blurriness, sensitivity to light and the need to read with brighter light.

Nearly half of all people will have a cataract by the time they are 65 years old. In addition to aging, other causes of cataracts include a family history of cataracts, eye injuries, medications (such as steroids) and long-term, unprotected exposure to sunlight.

In honor of Cataract Awareness Month, EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, encourages people to call its Seniors EyeCare Program.

This national, year-round program offers eye exams and up to one year of care at no out-of-pocket cost to qualified patients

who are without an ophthalmologist. People age 65 and older can call 1-800-222-EYES (3937) to determine if they are eligible to receive a referral for a free eye exam and up to one year of care. The EyeCare America helpline operates 24 hours a day, every day, year-round.

To supplement its award-winning referral program, EyeCare America has recently created a new Web site specifically designed to assist online users in learning more about eye problems such as cataracts.

The site, eyecareamerica.org, contains up-to-date clinical information about cataracts reviewed by certified ophthalmologists, with links to current treatments and even an interactive tour of the eye's anatomy. Also included are easy-to-use

functions such as a vision simulator, which allows users to see how vision would be affected from common eye diseases, and informative videos, created by the American Academy of Ophthalmology. For more information on cataracts, risk factors and treatment options, please visit www.eyecareamerica.org.

AAO is the world's largest association of eye physicians and surgeons—Eye M.D.s—with more than 27,000 members worldwide. Eye health care is provided by the three "O's"—opticians, optometrists and ophthalmologists. It is the ophthalmologist, or Eye M.D., who can treat it all—eye diseases and injuries—and perform eye surgery. To find an Eye M.D. in your area, visit the Academy's Web site at www.aao.org.

NAPS

Ways to Protect Yourself from Medical Identity Theft

Medical identity theft is a crime that can cause great harm to its victims. It can ruin your credit, cost you your health insurance, require thousands of dollars to fix, and even turn deadly. Fortunately, you can take steps to avoid becoming a victim.

Medical identity thieves can secretly hijack your name, health insurance number, Social Security number and other sensitive personal information. Then, pretending to be you, they can con your insurance company into paying for expensive medical treatment.

They can also make phantom medical claims against your health policy to steal insurance money.

These treatments end up on your medical records. When you go to the hospital, you may receive a transfusion of the wrong blood type or be given medicine to which you are allergic. This could prove dangerous—even deadly.

An identity thief can also ring up so many bills on your policy that your coverage limits are exceeded. You may be forced to pay for your own treatment or your coverage may be cancelled.

Medical identity theft can also wreck your credit because unpaid hospital bills end up on your credit records, forcing you to spend months purging fraudulent bills. You may also be hounded by collection agencies and find it harder to get loans or mortgages.

Identity thieves can get their hands on medical information in many ways. Sometimes crooked employees at clinics or hospitals sell your information to professional thieves.

Crooks can copy data from computer screens or pull paperwork from dumpsters and trashcans. Sometimes health care providers use your data to make fraudulent insurance claims.

The Coalition Against Insurance Fraud advises you to protect yourself:

*Check the Explanation of Benefits, or EOB, that your health insurance company sends you after you've received medical services. Did you receive the listed treatments?

*Place a fraud alert on your credit reports if your medical information is stolen.

*Annually review the health benefits your insurer has paid out. You might uncover bogus payments, even if a thief uses another address.

*Check your medical charts for correct blood type, allergies and other vital information.

*Make sure you correct inaccurate billing or treatment records.

*Review your credit report to see if anyone racked up unpaid hospital bills on your records.

For more information on protecting yourself against fraud, visit www.InsuranceFraud.org.

NAPS

Visitacion Valley Business Directory

Valley free listings in the 415 area code.
Call the Grapevine at (415) 467-9300.

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHERS AUTO BODY, 2520 Bayshore Blvd.
CHARLES GARAGE, 2560 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
DeMASIS BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 160A Leland Ave., 239-6709

BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
LUCKY HAIR, 2436 Bayshore Blvd., 586-8288
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENAS SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6900
WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rulland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927

VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave.

CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS
JOANN'S FLOWERS, 21 Leland Ave.
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
CASALOEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wide St., 467-3024
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.

HERBS
SAN QN HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
FIRST PLACE TO START, 1252 Sunnydale Ave., 333-2669
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

MANUFACTURER
SEE'S CANDIES, INC., 345 Schwenn St.

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)

PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel), 2858 San Bruno Ave. 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777

REAL ESTATE
JUSTYNA P. TO, (Realtor, Coldwell Banker), (650) 757-8868, Mobile (415) 830-1235, Fax (650) 246-1910
LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex 163

RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
BLUE HAWAIIAN RESTAURANT, 107 Leland Ave., 469-9728
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
TWO JACKS, 167 Leland Ave., 337-0433

SCULPTOR
CARTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VVC), 50 Raymond Ave., 467-6400
VVC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJET), 1099 Sunnydale Ave., 239-2866

TAVERN
THE CLUB HOUSE, 25 Blanken Ave.

TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139

VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Avoiding a Home Improvement Money Pit

by Jason Alderman

Shortly after our first child was born, my wife and I realized we needed to remodel our kitchen and family room to accommodate our new family focused lifestyle and our new arrival. But, like most first-time remodelers, we had no idea what we were up against.

Whether you're making cosmetic changes to improve your home's resale value or undertaking major renovations for the long haul, it's essential to plan carefully so your home doesn't turn into a bottomless money pit. Here are a few suggestions that might help:

Prioritize: List all the projects you'd like to do, such as adding a room, plumbing or wiring upgrades, kitchen or bathroom updates, painting or installing new appliances. Next, prioritize them in order of critical importance. For example, don't paint the walls first if the roof needs replacing.

Also, look for opportunities to gang-up projects: If you need to replumb the bathrooms, save up first so you can replace old fixtures or tiles at the same time - it'll save money in the long run.

Budget: Gather estimates for each job's or item's cost and create a chart with columns for high-, medium- and low-cost options for each line item. Always build in an extra 20 percent or more for unexpected expenses. Trust me.

For do-it-yourself projects like painting or landscaping, don't forget supplies. Where contracted labor is involved, always get three estimates - and carefully check references and business licenses before hiring anyone. Also, ask about discounts for grouping multiple projects together.

Building a budget may seem daunting, but it's best to know upfront what things cost so you're not blindsided mid-project and forced to take on debt. Practical Money Skills for Life, a free personal financial management site sponsored by Visa USA, contains

a complete guide for creating a budget you can live with, including several interactive online calculators (www.practicalmoneyskills.com/budgeting).

Financing Options: Ideally, you should establish a savings plan to pay for home improvements, just as for any other major purchase. After all, borrowing means you incur not only the item's cost but interest charges as well.

If you must borrow, however, you have several options. Home equity loans and lines of credit let you use your home's equity as collateral. Both allow you to deduct the interest on up to the first \$100,000 of money borrowed from your income taxes, but they also have various fees and closing costs that can eat up any tax savings.

Always consult a financial professional regarding your particular situation. Many financial advisors caution against using your home as a piggybank, and here's why: With recent real estate downturns, some people's primary mortgage and secondary loans total more than their home's value, meaning if they must sell, they risk taking a heavy loss.

Taking out a loan against your 401(k) plan or other retirement account also isn't a good idea because you lose out on the compounded earnings your savings could have made while you pay off the loan. Plus, if you lose your job or quit, you must repay it in full or pay taxes and a 10 percent penalty on the amount owing.

And finally, practice preventive maintenance by inspecting your home top-to-bottom each quarter. Finding termite damage early or fixing leaky roof tiles before water damage occurs means you'll have more to spend on that dream kitchen or custom shower.

Jason Alderman directs Visa USA's financial education programs. To sign up for a free monthly personal finance e-Newsletter, go to www.practicalmoneyskills.com/newsletter.

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services.

Parenting Classes

Week 1 & 2: Communicating with Your Children Through the Power of the Four Levels of Listening
Week 3 & 4: Building a Strong Foundation of Healthy Family

Thursdays, 5:30 to 7 p.m.
September 6, 13, 20 and 27

Lite dinner and childcare provided.

Second Series of
Parents' Support Group
Friday, September 14
5:30 - 7 p.m.

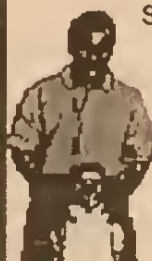
*Their Environment and
In-Vironment, Part 2*

Free dinner and childcare!
Participants with children ages 0-5 encouraged.
Facilitated by Julia Carmen, *Before The After*

Every Wednesday

September 5, 12, 19 and 26
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments



Free Food Distribution

Every Monday,
3 - 4 p.m.
September 3, 10, 17 and 24
Emergency food box
available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5p.m.

September 2007 Activities

held at 161 Leland Avenue
except where noted

Enhanced Information and Referral

Every Monday Through Friday
September 1 to 30, 9 a.m. - 5 p.m.

Parents Advisory Committee Meeting

Friday, September 7, 5:30 to 7 p.m. at 325 Leland Ave.

Whole Family Activities

Five different kinds of arts and crafts activities
Saturday, September 9, 11 a.m. to 1 p.m.

Male Involvement Group

Friday, September 14, 5:30 to 7 p.m.

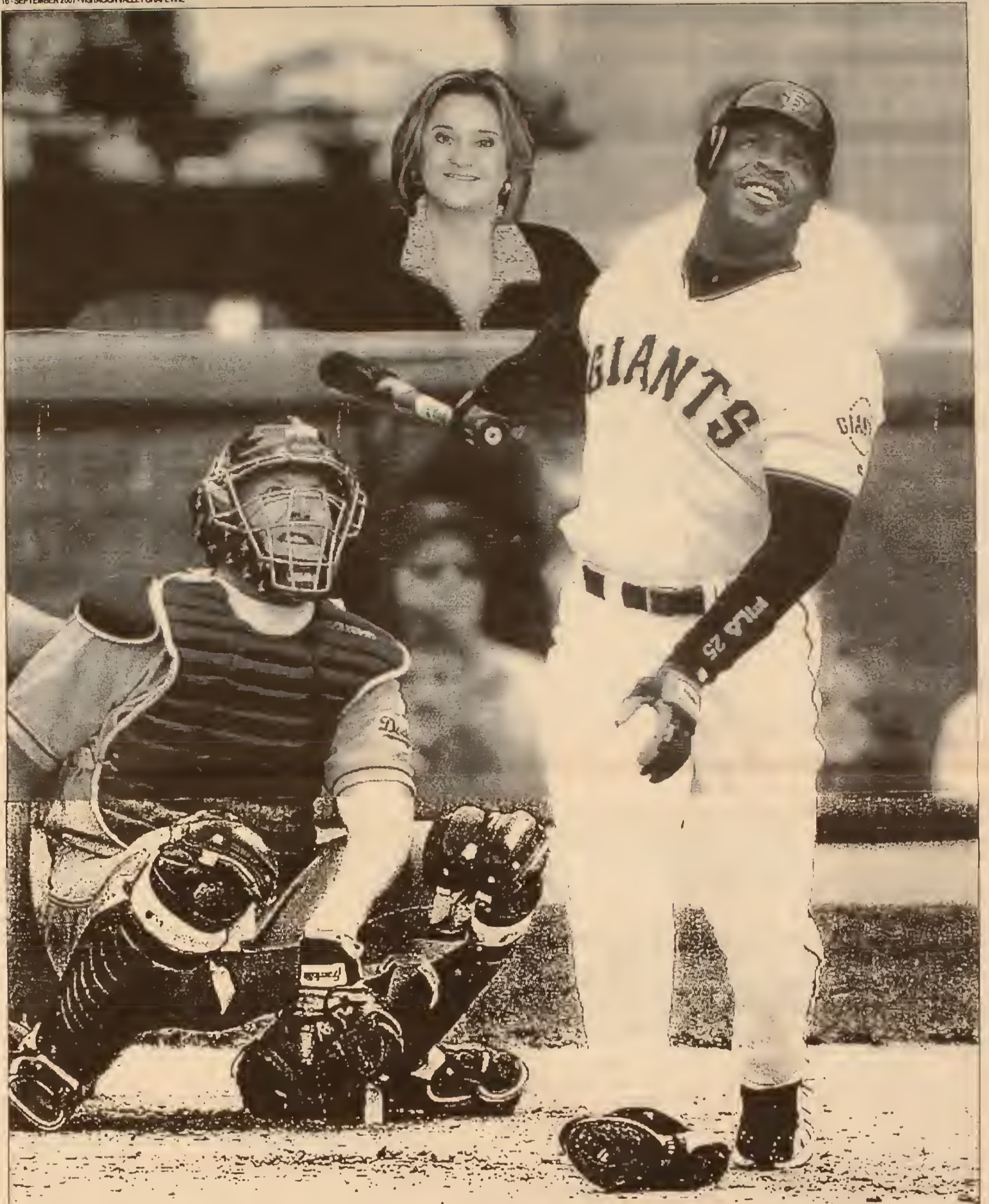
Financial Literacy

Friday, September 28, 5:30 to 7 p.m.



161 Leland Avenue, San Francisco, CA 94134

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